Insect & Spider Bites

Ants

Fire ants and harvester ants bite first and then jab their stingers into the victim’s wound. As many as 30 separate stings may be produced by one ant. The sting causes swelling, bruising and blistering. The pain lasts for about 4-6 hours and the wounds may take days to heal. Watch for any sign of allergic reaction or infection.

Centipedes and Millipedes

Centipedes have long, flattened, and segmented bodies. Each segment has one pair of legs. The number of body segments can vary from 15 to 181. They have three pairs of mouthparts and the venom fangs are on the first segment. Although there are some dangerous centipedes, they are not native to California. A bite from a California centipede may cause immediate burning pain, redness, and swelling. The clawed tips of the feet may cause puncture wounds that can become infected.

Millipedes have two pairs of legs per segment and have cylindrical bodies, rather than the flattened bodies. Millipedes do not bite. However, millipedes have glands on the sides of their bodies which can secrete a brown or white liquid that smells like iodine. If a millipede is handled or crushed, this liquid can cause redness, burning and a rash. If the fluid is rubbed into the eyes, significant eye irritation will result. Wash immediately after handling.

Bee Stings

If you are stung by a bee, remove the stinger gently (with tweezers, if possible) and avoid squeezing the poison sac. Apply an ice pack or a cloth dipped in cold water to reduce swelling and itching. A sting from a yellow jacket can be serious. These insects feed on dead animals and can cause blood poisoning. If you have an allergic reaction to a bite, get medical help immediately.

Spider Bites

Of spiders causing serious medical problems only the black widow and brown recluse (not in California) are considered serious threats. The black widow spider is partial to outdoor latrines (blue rooms) and other places that attract flies. Only the female spider is dangerous. If a black widow bites you, do not panic! No one in the United States has died from a black widow spider bite in over 10 years. Very often the black widow will not inject any venom into the bite and no serious symptoms develop. Wash the wound well with soap and water to help prevent infection. If muscle cramps develop, go to the nearest hospital.

Jumping spiders are probably the most common biting spider in the United States. Bites from a jumping spider are painful, itchy and cause redness and significant swelling. Other symptoms may include painful muscles and joints, headache, fever, chills, nausea, and vomiting. The symptoms usually last about 14 days.

Wolf spiders are commonly found in California. They are large hairy spiders, up to 3-4 inches across. They are mottled gray-brown color, which helped them hide in sand, gravel, leaves and other debris. Female wolf spiders carry their young on their backs. Wolf spiders tend to burrow into the earth and hide. They are aggressive, they come after their prey, and are fast runners. Bites from a wolf spider can cause pain, redness and swelling. The skin area at the bite may turn black. Swelling and pain can last up to ten days.

What is the immediate treatment for bites or stings?

If breathing difficulties, difficulties in swallowing, and/or body-wide itching develop, the individual is having a severe allergic reaction. Immediately call 911 for assistance. Otherwise, wash the bite or sting area well with soap and water to help prevent infection.

If stung or bitten on fingers or hand, remove any rings or jewelry in case of swelling. Your local pharmacist can help you select the best over-the-counter medications to help treat insect and spider bites.

Safety meetings are mandatory every Monday! Completed topics must be turned in to the Shop Office Tuesday Morning!
Insect & Spider Bites - (Continued from front)

**Foreman's Check List:**
- Posting Notices Accessible - Identify Location
- GCC Code of Safe Practices Accessible
- USA Notified/Lines Marked (800) 227-2600
- PG&E Notified/10’ Rule (800) 743-5000
- Required Cal/OSHA Permit(s) obtained
- Emergency Exit Routes/Meeting Location Identified
- Special Hazards Identified
- Fire Extinguishers Charged & Accessible
- First Aid Kit Stocked and Accessible
- Trenching operations & requirements reviewed
- Flagging Operations Reviewed
- Housekeeping/Storage & Handling Requirements Reviewed
- Personal Protective Equipment Reviewed
- Equipment Inspected (faulty/damaged equipment must be tagged and returned to the Santa Rosa Yard)
- MSDS are available for all substances present at the jobsite
- Hazard inspections and corrections are documented

**Reminders:**
- Work-related injuries MUST be reported immediately
- GCC uses designated medical providers for treatment of work-related injuries
- All accidents and near-miss incidents must be reported
- No employee can enter a trench exceeding 5’ deep unless advised that it is safe by the competent person
- MSDS sheets are available for review - do not work with any product that you are not familiar with
- Do not enter areas where substances are being used by other contractors, unless trained on the proper safety precautions
- Horseplay is not permitted
- Daily jobsite walkthroughs must be performed
- No employee is permitted to perform any task that they have not been trained to perform
- All potential and/or identified hazards must be reported to allow for immediate correction and communication of exposure to other workers
- Discuss parking arrangements for the project

**Special Topics for Project** (address specific exposures, MSDS reviewed, etc.):
____________________________________________________________________________________
____________________________________________________________________________________

**Safety Recommendations & Employee Comments:**
____________________________________________________________________________________
____________________________________________________________________________________

**Tailgate Meeting Attended By** (employees are required to sign/print name):
Signature includes confirmation of the following:
- In the last week I have not suffered any work-related injury or illness that has not been reported to my Supervisor
- In the last week I have not been denied my authorized 10-minute breaks
- In accordance with Prop 65 requirements, I have been notified that at I may be working in areas, or with products, which contains chemicals known to the State of California to cause Cancer and Birth Defects or Other Reproductive Harm

Su firma incluye la confirmación de lo siguiente:
- En la semana pasada no he sufrido ninguna lesión o enfermedad relacionada con el trabajo que no haya sido reportada a mi Supervisor.
- En la semana pasada no he sido prevenido de tomar mis descansos autorizados de 10 minutos.
- De acuerdo con los requerimientos de la Prop. 65, se me ha notificado que yo pudiera estar trabajando en áreas o con productos que contienen químicos conocidos por el Estado de California como causantes de Cáncer, Defectos de Nacimiento u otro Daño Reproductivo.

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Safety Prize Winner: