

Job site: _____
 Foreman: _____

Date: _____
 G.C. _____

SMOHIT Safety Sense
 Toolbox Talks for the Sheet Metal Industry

Bites and Stings

- There are several types of insects that bite and sting including mosquitoes, bees, wasps, hornets, yellow jackets, fire ants, and certain spiders. Some insects carry diseases. Many of these bites and stings are painful, but few are fatal. Most people are not allergic to insect stings, but to reduce anxiety and prevent unnecessary medical expense, everyone should be able to recognize the difference between an allergic reaction and a normal reaction.
- The severity of an insect sting reaction varies from person to person, and normal reaction symptoms include pain, swelling, itching, and redness confined to the sting site. An allergic sting reaction usually includes hives, itching, swelling, tightness in the chest, dizziness, or a sharp drop in blood pressure. Unconsciousness or cardiac arrest may occur in extreme cases.
- If you believe you are having an allergic reaction to a sting or bite, or have had one in the past, immediately let someone know of your condition and seek medical attention right away.
- If a bee or a wasp stings you, immediately remove the honeybee stinger and sac to reduce harmful effects. Wash a sting with soap and water. If swelling or irritation occurs, apply ice or cold compresses to the site of the sting and rest. Physical activity speeds up the absorption of toxins.

Instructor Tips

- **Inform workers that insect repellents do not work on stinging insects.**
- **Remind workers that people who are highly allergic to bites or stings should not be outside alone.**

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Reference: OSHA 29 CFR 1926.50