

HEALTH AND SAFETY WHEN WORKING IN TICK HABITATS



Risks



Lyme disease



Tick-borne encephalitis
(inflammation of the brain, TBE/FSME)



Other diseases



PPE for safety



Protective clothing
NEN 8333



DEET tick repellent
(read instructions for use)



Measures

1. Before starting work



Acquire instruction on how to recognise a tick, risks, measures and removal of ticks, location, work preparation and planning (time of year)



Carry tick remover and mirror



2. During work



Wear closed, skin-covering clothing: long sleeves and long trousers with socks and gaiters over them



Apply tick repellent to uncovered skin



Perform tick checks (at every work break / after work) and remove ticks as soon as possible

3. After completing work



Check body, paying close attention to ankles, behind the ears, edges of hair and areas where skin contacts skin (groin / armpits / hollow of knees / (lower) legs / hands / (lower) arms).



Check clothes, wash them at temperatures of at least 60°C



Wash tick-resistant clothing according to washing instructions



Bitten by tick? Note date, location on body and work site



Report tick-infested work areas to supervisor



Consult a doctor if a red ring develops after being bitten or other complaints related to tick bites (such as muscle or joint pain, (high) fever, skin problems, nerve disorders, heart issues, headache, nausea, vomiting and fatigue)