

# KCA TOOL BOX TALK: Lyme Disease



TEAMWORK  
IMPROVES SAFETY

## Signatures

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Lyme disease affects everyone differently. Some people get sick in about a week. The first sign may be a rash near the tick bite. Other people may not seem sick until months or years after a tick bite. The disease can permanently damage your nervous system and joints. Sometimes joint replacement is needed.

***Here is an Example:*** A group of electric utility line workers was laying lines for development of a new office building park. One of them, Sean, was working very close to the bushes. One day he noticed bite marks on his arm and went to the doctor. Sean had been outside so much that his doctor tested him for Lyme disease. Fortunately, the test was negative; the bite marks were simply from mosquitoes. Now Sean makes sure to wear long sleeves, long pants and tick repellent spray.

1. Could this incident have been avoided?
2. Do you wear insect repellent?

## Prevent Lyme Disease:

- Be aware deer ticks are tiny. Most can fit on the head of a pin. The ticks are found in brush, woods and tall grass. May and June are the worst months, but the ticks are active in all warm months.
- Wear long pants and long-sleeves when working in wooded areas. Tuck your pant cuffs inside your boots and shirt into your pants. Light colored clothing makes it easier to spot ticks.
- Use tick repellent and spray near the openings on your cloths, such as ankles and wrists.
- Shower as soon as possible after work to wash off or find ticks on you.
- If you are bitten, see a doctor.

For more information visit OSHA REGULATION: 1926.51

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***Teamwork Improves Safety!***

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