

FIELD RESEARCH SAFETY HAZARD GUIDELINE

Ticks and Lyme Disease

Hazards	Potential Hazards	<ul style="list-style-type: none"> Ticks: Ticks are commonly found in wooded areas, tall grasses, and shrubs. They can transmit Lyme disease and other tick-borne illnesses. Be aware of tick habitats and the risks associated with exposure. Lyme Disease: Lyme disease is a bacterial infection transmitted through the bite of infected ticks. Early symptoms include a rash, fever, fatigue, and muscle aches. If left untreated, it can lead to more severe symptoms affecting the joints, heart, and nervous system.
	Personal Protective Equipment	<ul style="list-style-type: none"> Wear long-sleeved shirts, long pants, and closed-toe shoes to minimize exposed skin. Use light-colored clothing to spot ticks easily. Tuck pants into socks or boots and shirts into pants to create a barrier against ticks. Apply an EPA-approved tick repellent on exposed skin and clothing. Consider treating clothing with permethrin, an insect repellent specifically designed for clothing. Fine-tipped tweezers and lint roller to remove ticks. Duct tape (wrap sticky side out around ankles to inhibit tick travel up legs).
Hazard Controls	Preparation and Training	<ul style="list-style-type: none"> Conduct a thorough risk assessment of the research area to identify potential exposure risks. Receive training on tick identification, proper tick removal techniques, and the symptoms of Lyme disease, such as bulls eye ring on the skin, fever, or tiredness.
	General Work Practice Procedures	<ul style="list-style-type: none"> Stay on designated paths or cleared areas to minimize contact with tall grasses, leaf litter, and brush. Avoid sitting directly on the ground, fallen logs, or rocks where ticks may be present. Conduct frequent tick checks on yourself and team members throughout the day, paying attention to hidden areas like the scalp. Promptly remove any attached ticks using fine-tipped tweezers, grasping them as close to the skin surface as possible. Cleanse the area with an antiseptic. Keep a record of tick bites and any symptoms experienced and report them to the established emergency contact or healthcare professionals as necessary.
Other	Waste	<p>Check generated waste and worn clothes for ticks when leaving an area.</p> <p>Wash all clothes promptly.</p>
	Emergencies	<ul style="list-style-type: none"> In the event of a tick bite or suspected Lyme disease infection, seek medical attention immediately. If symptoms develop after a tick bite or field research, inform healthcare professionals of the potential tick exposure and mention Lyme disease as a possible cause. Follow the guidance and treatment prescribed by healthcare professionals.
	Reference and Additional Resources	<ul style="list-style-type: none"> National Park Service: Ticks and Tickborne Diseases Center for Disease Control: Lyme Disease
	Questions	Contact Environmental Health and Radiation Safety (EHRS) at (215) 707-2520