



Bee Sting/Insect Bites – DATE 8/30/26 - 9/5/26

Insect stings can happen at any time when working outdoors, around vegetation, or near food and waste areas. Most stings are minor, but some have serious allergic reactions that can lead to anaphylaxis. This is a sudden, severe, and life-threatening allergic reaction that causes the immune system to release a flood of chemicals into the body. Employees with known allergies should inform their supervisor, carry prescribed medications with them such as an EpiPen, and know how and when to use said medications. Other things to consider include:

- Be alert for bees, wasps, hornets, and other insects before starting work.
- Do not disturb nests, hives, or areas where insects are gathering.
- Keep food and drinks covered when working outdoors.
- If an insect is near you, stay calm and move away slowly—do not swat aggressively.
- If stung, report the incident to your supervisor immediately and watch for signs of a severe allergic reaction including difficulty breathing, rapid heartbeat, swelling of the face or throat, dizziness, or widespread hives. If you witness any of these, contact emergency services immediately. Follow the worker's prescribed emergency plan if applicable.

First Aid for Bee Stings

1. Move to a safe area away from the insects.
2. Remove the stinger by scraping it away using a fingernail or card like object as quickly as possible.
3. Wash area with soap and water.
4. Apply a cold pack to reduce swelling.
5. Monitor for signs of an allergic reaction.
6. Seek medical attention if symptoms worsen

First Aid for Insect Bites

1. Wash the affected area with soap and water.
2. Apply a cold compress to reduce pain and swelling.
3. Avoid scratching the bite.
4. Report unusual swelling, rash, fever, or signs of infection.
5. Seek medical attention if symptoms become severe.

Final Takeaway

Most insect bites and stings can be prevented through awareness and proper precautions. Always inspect your work area, avoid disturbing nests, wear appropriate protective clothing, and know the signs of a serious allergic reaction. Quick action can prevent a minor sting from becoming a life-threatening emergency.





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