Ticks

Ticks are arthropods, like spiders, and there are more than 800 species of ticks throughout the world. They are the leading carriers of diseases to humans in the United States, second only to mosquitoes worldwide. It is not the tick bite but the toxins, secretions, or organisms in the tick’s saliva transmitted through the bite that cause disease.

Protect Yourself from Tick Bites

- Know where to expect ticks. Ticks live in moist and humid environments, particularly in or near wooded or grassy areas.
- Use a repellent with DEET on skin or clothing, or permethrin on clothing.
- Wear a hat, long sleeves, long pants and socks. The lighter the clothing the easier to spot the ticks.
- Check your clothing for ticks. Ticks may be carried into the house on clothing. Placing clothes into a dryer on high heat for at least an hour effectively kills ticks.
- Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of being bitten by a tick.
- Perform Daily Tick Checks. Check your body for ticks after being outdoors. Use a hand-held or full-length mirror to view all parts of your body and remove any ticks you find.

How to remove a tick

- Use a small pair of forceps or tweezers and wear hand protection such as gloves so you don’t spread pathogens from the tick to your hands.
- Using the tweezers, grasp the tick firmly as close to the skin as possible. Apply gentle upward pulling until the tick comes free. Twisting or turning the tick does not make removal easier because the mouthparts are barbed; in fact, such actions may break off the head and mouthparts, thereby increasing the chances for infection. This illustration from the U.S. CDC shows the ease. Rinse it down a sink or flush it down a toilet. Consider keeping it in a tightly closed jar or taped to a piece of paper and show the tick to the doctor if you become ill from the tick bite.
- The area of the bite should leave a small crater or indentation where the head and mouthparts were embed- ded. If portions of the head or mouthparts remain, they should be removed by a doctor.
- Thoroughly cleanse the bite area with soap and water or a mild disinfectant. Observe the area for several days for development of a reaction to the bite, such as a rash or signs of infection.
- Remember to wash hands thoroughly after handling any tick or instruments that touched a tick. Clean and disinfect any instruments that were used.

Follow-up

If you begin to experience a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

Building Safety Inspection Schedule

April 19: Foothills Lab 1 & 2
May 17: ML & FB
June 21: Foothills Lab 0, 3 & 4
July 19: RAF
August 16: Center Green 1-4

Did You Know?

UCAR has a Travel Advisories/Hazards website
www.fin.ucar.edu/sass/travel/index.html

Upcoming Safety Classes:

4-14-2011
CPR Certification (MERT/Field Campaign Staff Only)
10:00am - 5:00pm FL2 1003

4-28-2011
Safety Training for Supervisors of Lab/Shop/
Maintenance Employees 1:30pm - 3:30pm ML Chapman Rm

5-19-2011
Fire Extinguisher 10:00am - 12:00pm ML Damon Rm
CPR Recertification 1:00pm - 5:00pm ML Damon Rm

6-2-2011
Workplace Harassment Awareness
10:00am - 12:00pm FL2 1001

6-28-2011
Hazard Communication 9:00am - 10:30am FL2 1002
Confined Space 10:30am - 11:30am FL2 1002
Hot Operations 11:30am - 12:30pm FL2 1002
Lockout/Tagout 1:30pm - 2:30pm FL2 1002

Register @:
HR website: www.fin.ucar.edu/hrisConnect/employee
or by calling Betty Singleton x2005.

Safety Committee:
ACD/NESL Peter Harley x1863
CISL/IMAGE Joan Fisher x1207
COMET Hildy Kane x8306
HR Cyd Perrone x8710
RAL Inger Barron x8403
SaSS Elizabeth Kriete x8556
UCFLJ Tim Gendorf x2659
DIR/Library/ASP Cindy Worster x1101
F&A Kelly Box x8558
RAF/EOL Vel Randic x1066
RAL Diane Simmons x2136
SaSS Bob Wiley x8554
EOL/TIMES Sandra Thurn x2069
E&O Natalie Culkin x2585
F&A Matt Pinter x2522
MM M M Charlie Knight x8940
SaSS Steve Sadler x8550
SaSS Anna Vasilyeva x2409
CGD/NESL Adam Phillips x1726
SOARS Karen Smith Herman x2590
HAO/NESL Don Kolinski x1548
FM&S Dave Maddy x1134
SaSS Milenda Powers x8625
Security x1139

Links and Emergency Numbers:
Safety and Security Hotline x1100
Track emergencies online @ https://wiki.ucar.edu/display/incident/Home
Security x1139
Emergency x911
Emergency @ RAF x9911

Comments, questions, suggestions may be directed to Bob Wiley @ x8554 or rwiley@ucar.edu