Seven Statistics on Insect Bites and Stings



People who work in a variety of occupations are at risk for being bitten or stung by different kinds of insects and spiders.

1. In an average year, between 90 and 100 people across the US die as a result of allergic reactions to insect bites or stings (US Centers for Disease Control and Prevention (CDC).
2. Seven tips for preventing being stung by a flying insect are: wear light-colored, smoothly textured clothing; avoid using heavily scented soaps, shampoos, antiperspirants and sprays; wear clean clothing and shower daily; wear clothing that covers as much of your body as possible; avoid flowering plants where possible; don't leave food or drink items lying around your workplace because they could attract flying insects; and don't swat at bees, wasps or hornets that come near you.
3. If you are allergic to insect bites or stings, you should do these two things: wear a medical bracelet identifying the allergy and carry an epinephrine auto-injector (EpiPen) with you at all times.
4. Ticks that attach themselves to people who are walking or working outdoors carry many different diseases. One way to prevent this from happening is to use an insect repellent containing DEET.
5. Two venomous spiders, the Brown Recluse, found in the US, and the Black Widow, found in the US and southern Canada, can cause illness, with symptoms that include body aches, rashes, fever, and nausea and vomiting. Spider bites are rarely fatal.
6. West Nile Virus, transmitted to humans through mosquito bites, causes no symptoms in the majority of people, although about one percent of people who are bitten by an infected mosquito develop a serious and sometimes fatal neurological illness. Protect yourself by wearing an insect repellent containing DEET. (CDC)
7. In North America, yellow jackets account for about 70 percent of all stings to humans. (Canadian Centre for Occupational Health and Safety (CCOHS).

People who work in a variety of occupations both outdoors and indoors are at risk for being bitten or stung by different kinds of insects and spiders. Workers need to take precautions, especially if they are allergic to being stung, or if they work around areas where mosquitoes and ticks are prevalent. Here are seven statistics relating to insect and spider encounters in the workplace: