Tick Prevention Jobsite Checklist



Protect Workers from Tick Exposure and Tick-Borne Illnesses

? BEFORE THE SHIFT

- □ Job Hazard Assessment (JHA) completed for tick exposure risk
- □ Weather and season reviewed
- □ Staff have received tick safety training
- □ Workers reminded to wear appropriate clothing:
 - □ Long pants and long sleeves
 - □ Light-colored clothing (easier to spot ticks)
 - □ Pants tucked into socks or boots
 - □ Shirts tucked into pants
- □ Insect repellent provided (and applied where applicable):
 - □ Contains 20-30% DEET, Icaridin (Canada), or Picaridin (U.S.)
 - □ Permethrin-treated clothing and gear used when available

? DURING THE SHIFT

- □ Workers reminded to:
 - □ Stay on clear, well-used trails where possible
 - □ Avoid brushing against tall grass, shrubs, and leaf litter
 - □ Take breaks in tick-safe areas (gravel, cleared zones)
- 🗆 Equipment, clothing, and outerwear monitored for hitchhiking ticks
- □ Supervisors encourage regular self-checks during breaks

? AFTER THE SHIFT

- 🗆 Full-body tick checks performed by all team members
- □ Shower within 2 hours of being outdoors (recommended)
- □ Gear and clothing inspected before entering vehicles or buildings
- \square Any tick bites or findings reported and documented immediately:
 - ☐ Tick removal followed correct procedure (tweezers, steady pull)
 - □ Bite location, date/time, and symptoms recorded
- □ Workers reminded to watch for symptoms for 30 days post-bite: Rash, fever, fatigue, muscle aches, or flu-like symptoms