

# Tick Safety on the Jobsite



**One small bite can lead to serious illness.  
Use this checklist to prevent tick-borne disease.**

## **? BEFORE THE SHIFT**

- ☐ JHA completed for tick exposure
- ☐ Workers trained on tick safety
- ☐ Long sleeves, pants, and light-colored clothing worn
- ☐ Repellent with DEET/Icaridin applied
- ☐ Permethrin-treated gear used when needed

## **? DURING THE SHIFT**

- ☐ Avoid tall grass and brush
- ☐ Take breaks in cleared areas
- ☐ Do regular tick checks during breaks
- ☐ Check gear and clothing for ticks

## **? AFTER THE SHIFT**

- ☐ Full body tick check completed
- ☐ Shower within 2 hours if possible
- ☐ Report and document any bites
- ☐ Watch for symptoms for 30 days