

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

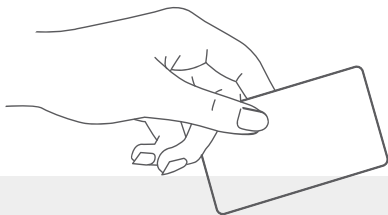
FIRST AID FOR INSECT STINGS



Insect stings are usually mild and resolve on their own, but some people can become hypersensitive and experience a severe, unexpected allergic reaction. It's important to know how to respond. First aid saves lives.

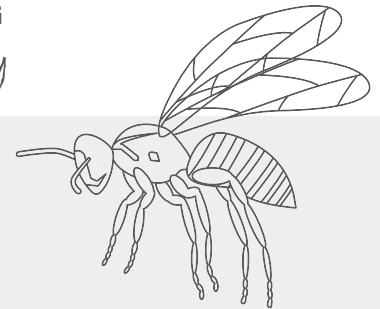


– Adam Yetter, MA, ATC, CSCS
Industrial Injury Prevention Specialist



1

WHEN A STINGER IS VISIBLE, SCRAPE THE SKIN USING A FLAT OBJECT, GAUZE OR A DULL EDGE TO REMOVE IT; SQUEEZING MAY RELEASE VENOM.



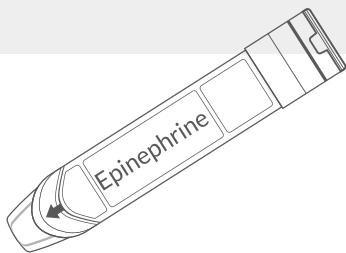
2

WATCH FOR STING REACTION SIGNS SUCH AS ITCHINESS, HIVES, NAUSEA, AND DIFFICULTY BREATHING OR SWALLOWING. INSECT AND SPIDER BITE REACTIONS DIFFER.



3

KNOW HOW TO USE AN "EPI-PEN" TO ADMINISTER EPINEPHRINE FOR ANAPHYLAXIS, AN ACUTE ALLERGIC REACTION THAT IS A MEDICAL EMERGENCY.



Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com

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