



Natural Environmental Hazards Fact Sheets

TABLE OF CONTENTS

Topic	Page
Area Characterizations	1
Bee/Wasp Stings	3
Bird Dropping Diseases	7
Chigger "Bites"	9
Cold Stress	12
Hanta Virus	16
Heat Stress	20
Insect-borne Diseases	24
Lightning	27
Poisonous Plants	30
Rabies	33
Spider Bites	36
Snakebites	39
Tetanus	41
Tick-borne Diseases	43
Ultraviolet Radiation – Sunburns and Snowblindness	48

NATURAL ENVIRONMENTAL HAZARD FACT SHEET

AREA CHARACTERIZATIONS

CRAWL SPACES



Hazards that are potentially found in crawl spaces include:

- Asbestos from pipe insulation (See [Asbestos](#) Subject Area)
- Animal droppings or live wild animals, thus a risk for
 - Hanta Virus
 - Rabies
 - Bites/Scratches
- Spider bites

ATTICS AND ABOVE SUSPENDED CEILINGS

Hazards that are potentially found in attics include:

- Asbestos from pipe insulation (See [Asbestos](#) Subject Area)
- Animal droppings or live wild animals, thus a risk for



- Hanta Virus
- Rabies
- Bites/Scratches
- Bird Droppings, thus a risk for
 - Histoplasmosis
 - Coccidioidomycosis
- Spider bites
- Bee/wasp stings
- Heat Stress

OUTDOOR FIELD WORK

Hazards that are potentially found in outdoor work include

- Tick-borne Diseases
 - Insect-borne Diseases
 - Animal-borne diseases if bitten by wild animals, thus a risk for
 - Rabies
 - Heat Stress
- 
- Cold Stress
 - Ultraviolet- sunlight
 - Bee/wasp stings
 - Chigger "bites"
 - Spider bites
 - Snake bites
 - Poisonous plants - Poison Ivy, Oak, and Sumac
 - Lightning

Note: While not a natural hazard, be watchful for legacy ordinances when digging at BNL. If suspect objects are found, do not handle, and call x-2222 (344-2222).

ABANDONED BUILDINGS & NEGLECTED ROOM CLEAN-OUTS

Hazards that are potentially found in abandoned buildings include

- Asbestos from pipe insulation (See [Asbestos](#) Subject Area)
 - Animal dropping or live rodents, thus a risk for
 - Hanta Virus
 - Rabies
 - Bird Droppings, thus risk for
 - Histoplasmosis
 - Coccidioidomycosis
 - Bee/wasp stings
 - Spider bites
- 

NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Bee/Wasp Stings

I. HAZARD OVERVIEW

The sting of a bee or wasp is initially quite painful. Most people stung will experience a "local" reaction with redness, pain, swelling, and some itching only at the sting site, which usually goes away within several hours.

However, for people who are allergic to the venom of the insect, they may develop mild to life threateningly severe allergic reactions. Unlike most other allergies, insect allergy can cause a life-threatening disruption to breathing and circulatory systems called anaphylactic shock.



II. PREVENTION AND PROTECTION

Avoid areas with Bees/Wasps and Avoid Attracting Insects Stinging incidents often occur when nesting areas of social insects are disturbed. Be observant of the area around you. If you see insects flying to and from a particular place, avoid it.

- Avoid areas that bees and wasps frequent e.g., open dustbins, uncovered cold drink cans.
- Minimize activity when bees are most angry: cloudy, dark rainy days in early spring of the year.
- Wasps and bees are drawn to flower fragrances and clothing with bright colors (white is safest).
- Since perfumes, aftershave, hair spray, hair tonics, suntan lotions, heavy-scented shampoos, soaps and many other cosmetics attract insects, they should be avoided.
- Avoid drinking fruit juices and eating fruit out of doors.
- Wear covered shoes and avoid walking barefoot on flowering fields or clover-covered lawns.
- Avoid shiny buckles and jewelry.
- Wear a hat.
- Don't wear bright, colored, loose-fitting clothing, which may attract and trap insects. Flowery prints and black especially attract insects. Wear light-colored (white) clothing; preferably cotton (never wool).
- Carefully shake out any clothing left on the ground.
- Use a cloth to trap insects and prevent being stung.
- Don't disturb a beehive. Wasp nests should have petrol or kerosene applied to them and destroyed.
- Have a licensed pesticide applicator or pest control operator apply pesticides.
- Insect repellent applied to your skin or clothing will not deter stinging insects.

Sting Prevention

- If a wasp or bee approaches, stay still and do not try to swat the insect as this may frighten it. If it lands, gently try to blow it off the skin.
- Should a bee or wasp fly near you, slowly raise your arms to protect your face and stand still or move slowly away through bushes or indoors to escape. Never move rapidly, which often provokes attack.
- Never strike or swing at a wasp or bee against your body since it may be trapped causing it to sting. If crushed, it could incite nearby yellow jackets into a frenzied attack. The wasp venom contains a chemical "alarm pheromone," when released into the air, it signals guard wasps to come and sting whomever and whatever gets in their way.
- If a swarm of bees approach, run for shelter as bees are slow fliers and can normally be outrun.
- Remain calm when a bee or wasp lands on your skin to inspect a smell or to get water if you are sweating heavily. The insect will eventually leave of its own accord.

Actions to Take After a Bee/Wasp Sting

- If stung by a bee, try to look for the barbed stinger and carefully remove it by flicking it or scratching it out of the skin from the stinger sack. When a honeybee causes the sting, the stinger usually remains in the skin when the insect leaves because the stinger is barbed. Remove the stinger as quickly as possible because venom continues to enter the skin from the stinger for 45 to 60 seconds following a sting. It doesn't matter how you get it out as long as it is removed as soon as possible. If removed within 15 seconds of the sting, the severity of the sting is reduced.
- Wasps, yellow jackets and hornets have a lance-like stinger without barbs and can sting repeatedly. They should be brushed off the victim's skin promptly with deliberate movements. Quietly and immediately leave the area.
- When stung, immediately apply ice or cold compresses to the sting site.
- Treat swelling by elevating the swollen body part above the heart.
- After the stinger is removed, wash the wound and treat it. Several over-the-counter products or simply a cold compress can be used to alleviate the pain of a sting. Aerosol or cream antihistamine preparations that contain a skin coolant can also help.
- If the sting is followed by severe symptoms, or if it occurs on the neck or mouth, seek medical attention immediately because swelling in these areas of the body can cause suffocation. Call 911 to summon medics if the victim is having an allergic reaction and use a bee sting kit as prescribed.

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

For more information, contact: OMC at x-3670

Most people stung will experience a "local" reaction with redness, pain, swelling and some itching only at the sting site. If the reaction progresses quickly to sites other than the sting site or is followed by difficult breathing or choking at the throat, the person is experiencing a "systemic" allergic reaction (anaphylaxis) requiring emergency medical treatment.

Normally some redness and swelling will result from the sting, but this usually resolves in a few hours. In the allergic individual, a more long lasting and severe reaction will occur.

- A mild reaction will include intense redness, swelling, itching and pain, all occurring within minutes.
- More severe reactions include generalized swelling and itching, faintness, sweating, a pounding headache, stomach cramps or vomiting, a feel of impending doom, a tight chest or choking sensation with swelling of the throat and in extreme cases anaphylactic shock with death resulting.
- Life threatening reactions are more likely to occur in people who are already known to be very allergic to bee venom, older people with pre-existing heart and chest complaints, or with multiple stings.
- Severe allergic reaction can start in a few minutes after the sting occurs. The person may feel dizzy, nauseated, and weak. There may be stomach cramps and diarrhea. There can be itching around the eyes, a warm feeling or coughing, hives breaking out, followed with vomiting and swelling, wheezing, difficult breathing (shortness of breath) or swallowing, hoarse speech, drop in blood pressure, shock, unconsciousness and darkened skin following. Reactions may occur in a few minutes with most deaths within 30 minutes, but some within 15 minutes, and some in five minutes or less.

- People who are prone to severe reactions to bee stings should carry an adrenalin injection with them for self-administration. Others should carry antihistamine pills. All bee allergic patients should wear a Medic Alert bracelet.
- A person may be stung many times during his lifetime — and have only normal reactions — then suddenly one sting will produce a strong allergic reaction. Doctors are not sure why a person develops such a sensitivity or why the sensitivity may last fewer than 3 months or more than 25 years.
- Once systemic sensitivity occurs, it almost always increases in severity with each following sting (varies in individual persons). The more quickly symptoms appear after the sting, the more severe the reaction.

TREATMENT

When stung by a bee, look immediately for the barbed stinger and carefully remove it by flicking it or scratching it out of the skin with the fingernail or a pointed object. Don't squeeze it, as more venom will enter the skin from the stinger sack. Stings to the head and neck are more dangerous. Immediately apply ice or cold compresses to the sting site.

For stings causing itch, irritation, redness and swelling at the sting site, the following may be useful:

- Ice
- Ammonia Solution--Apply a 1 to 2.5 percent solution no more than three to four times daily.
- Oral Antihistamines--Tablets may be chewed for faster relief, but liquids are more readily absorbed after oral ingestion (Chlortrimeton, Dimetane, Teldrin).
- Epinephrine Inhaler (Bronkaid mist, Primatene, Medihaler-Epi).
- Topical Steroids (Cortaid, Dermolate, Lanacort, etc.).
- Local Anesthetics (Benzocaine, Americaine, Dermoplast, Bactine, Foille, Lanacaine, Solarcaine).

Highly sensitive persons should have emergency kits prescribed for them by their physician within easy access at all times. Anaphylaxis, if treated in time, usually can be reversed by epinephrine (adrenaline) injected into the body. Individuals who are aware that they are allergic to stings should follow their physician's advice on carry epinephrine when they may encounter stinging insects. If signs and symptoms of Anaphylaxis occur, call x-2222 (344-2222) immediately for medical assistance.

MULTIPLE STINGS

Occasionally, a person becomes involved in a situation where he or she is stung many times before being able to flee from the nesting site. Depending on the number of stings, the person may just hurt a lot, feel a little sick, or feel very sick.

- Humans can be killed if stung enough times in a single incident. With honeybees the toxic dose (LD₅₀) of the venom is estimated to be 8.6 stings per pound of body weight. Children are at a greater risk than adults. In fact, an otherwise healthy adult would have to be stung over 1,000 times to be in risk of death. Most deaths caused by multiple stings have occurred in men in their 70s or 80s who were known to have poor cardiopulmonary functioning.
- A second, potentially life-threatening result of multiple stings occurs days after the incident. Proteins in the venom act as enzymes: one dissolves the cement that holds body cells together, while another perforates the walls of cells. This damage liberates tiny tissue debris that would normally be eliminated through the kidneys. If too much debris accumulates too quickly, the kidneys become clogged and the patient is in danger of dying from kidney failure. It is important for persons who have received many stings at one time to discuss this secondary effect with their doctors. (Wasp stings are as potent in this respect as bee stings.) Patients should be monitored for a week or two following an incident involving multiple stings to be certain that no secondary health problems arise.

IV: Additional Information on Insect that Sting

<p>Honeybees, the most common stinging insects, are not aggressive unless provoked. Their hairy bodies are bright yellow with black markings. They typically are found around flowers or clover. Once they sting, they die. They often leave their stinger behind.</p>	
<p>Bumble Bees (<i>Hymenoptera</i>) are large (3/4 to 1 1/2 inches), black and yellow hairy bees that collect and carry pollen on their hind legs to bring it back to the hive. They are most often encountered foraging at flowers and nesting places around houses, storage sheds and small barns. They normally are docile and not aggressive while foraging on flowers, however they can turn vicious when their nests are disturbed, chasing intruders for many yards away from the nest.</p>	
<p>Yellow Jackets are 1/2 to 3/4 inches long wasps that build nests consisting of several combs surrounded by a paper ball in wall voids, attics, underground or hollow logs. Yellowjackets defend their colonies at their nest entrances, and the colony can easily be disturbed by rapid movement and vibrations near the nest. For this reason, a human will almost certainly be stung if a lawn mower or trimmer is used near a nest. Wasps do not lose their stinger after an attack so they can sting repeatedly.</p>	
<p>Hornets have short black bodies with yellow or white markings. They nest in trees or bushes and sting repeatedly. Wasps are not known to carry human diseases, but allergic reactions to their sting can be fatal. Wasp and hornet venom contains a pheromone that alarms all other wasps in the area and invites them to join the attack on the victim.</p>	
<p>Wasps (paper wasp) are very similar to yellow jackets. Wasps are hairless with narrow "waists" that separate their chests from their long, slim, lower bodies. They can be black, brown, or red. Wasps build nests in the caves of buildings and under rafters. They sting repeatedly.</p> <p>Paper wasps aggressively protect their nests. They can detect movement up to 20 feet away, but usually do not attack unless the threat is within inches.</p> <p>The nests of paper wasps form in an upside-down umbrella fashion, and the open cells can be seen from below. Nests are constructed in protected areas, under eaves of structures, in hollowed out holes, or when voids can be accessed through a small entrance. Nests have been reported from exterior lighting fixtures, animal skulls, parking meters, bird boxes, gas grills, automobiles, and many other sites.</p>	 

NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Bird Dropping Diseases (Histoplasmosis & Coccidioidomycosis)

I. HAZARD OVERVIEW

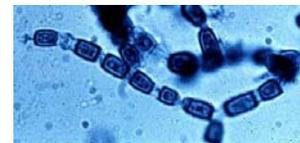
Bird and bat droppings can be contaminated with fungal spore that can cause the following diseases in humans:

- **Histoplasmosis**
- **Coccidioidomycosis**

Histoplasmosis is an infectious disease of the lungs caused by a fungus called *Histoplasma capsulatum*. The infection sometimes can spread to other parts of the body. The fungus thrives in moderate temperatures and moist environments. Droppings from chickens, pigeons, starlings, blackbirds, and bats support its growth. Birds are not infected with it because of their high body temperatures, but they do carry it on their feathers. Bats can be infected because they have a lower body temperature than birds and can excrete the organism in their droppings. To multiply, *Histoplasma capsulatum* produces small spores. When inhaled, they are small enough that they enter the lungs and start an infection. Many of these infections are easily overlooked because they either produce mild symptoms or none at all. However, histoplasmosis can be severe and produce an illness similar to tuberculosis. The fungus can cause serious retinal (eye) condition called Ocular Histoplasmosis Syndrome that can lead to serious vision loss and rarely blindness.



Coccidioidomycosis, a systemic fungal disease caused by *Coccidioides immitis*, is endemic in the southwestern United States and in parts of Mexico and Central and South America. An estimated 100,000 infections occur in the United States annually, but only sporadic cases have been reported in New York where the disease is not endemic. Infections among New York State residents is low (about 30 per year.) It is one of the most virulent and infectious fungal pathogens.



II. PREVENTION AND PROTECTION Worker-level protective measure

Preventing Histoplasmosis & Coccidioidomycosis

- Prevention of Histoplasmosis relies on avoiding exposure to dust in a contaminated environment
- Before anyone cleans out buildings where bird infestations have occurred or other contaminated soil, spraying with water is advisable to reduce dust. Decontamination with 3% formaldehyde has been shown to be effective. However, formaldehyde solutions should be used with caution since this chemical may cause adverse health effects following inhalation, ingestion, or skin or eye contact.
- Persons working in contaminated areas should use protective clothing such as



gloves and coveralls. They should also use a respirator equipped with a high efficiency particulate air (HEPA) filter with organic vapor cartridge for formaldehyde. For major clean-up operations of prolonged exposure, a powered air purifying or supplied air respirator may be necessary.

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

For more information, contact: OMC at x-3670

Histoplasmosis

When a person breathes in the conidia (spores) of *Histoplasma capsulatum*, the lungs' defense mechanisms attempt to neutralize them. Not all the conidia are neutralized. The ones that avoid the defense start an infection. The symptoms of the infection appear within 5 to 18 days after exposure, most commonly in 10 days.

There are five different forms of infection, as follows:

- **Asymptomatic** is recognized only by performing medical laboratory tests as the victim does not show any symptoms and is unaware of the infection.
- **Acute disseminated** does not last long (i.e., acute) but it involves other organs outside the lungs (i.e., disseminated). It is usually confined to infants and young children and is marked by fever, cough, exhaustion and enlargement of the liver and spleen.
- **Acute benign respiratory** is produced by a heavy exposure to conidia. It is marked by weakness, fever, chest pains, and cough. The severity of the symptoms depends upon the magnitude of the exposure.
- **Chronic disseminated** is of long duration (chronic) and it involves other organs outside of the lungs. It occurs in people with a reduced capacity to fight disease, for example, in patients with leukemia (cancer of the system producing blood cells) and in persons being treated with drugs that suppress the body's defense mechanisms against diseases. The chronic disseminated form is marked by fever, anemia, hepatitis, pneumonia, inflammation of the lining of the heart cavity, meningitis, and ulcers of the mouth, tongue, nose, and larynx.
- **Chronic pulmonary** occurs in persons with pre-existing lung diseases such as emphysema. It resembles tuberculosis and is more common in males over 40 years of age.

Treatment

Most patients who develop histoplasmosis do not require treatment.

Some may only require supportive treatment that relieves the symptoms of the disease.

Severe symptoms are treated with specific antifungal drugs.

Coccidioidomycosis

About 60% of infections cause no symptoms. In the remaining 40% of cases, symptoms range from mild to severe. People with a compromised immune system tend to have more serious infections.

The disease can have an acute, chronic, or disseminated form.

- Acute pulmonary Coccidioidomycosis is almost always mild, with few or no symptoms, and resolves without treatment. The incubation period is 7 to 21 days. Acute Coccidioidomycosis is rare. In any given year, about 3% of people who live in an area where coccidioidomycosis is commonly seen will develop the disease.
- Chronic pulmonary Coccidioidomycosis can develop 20 or more years after initial infection, which may not have been recognized, diagnosed, or treated at the time. Infections occur between the lungs and ribs. This disorder is even less common than the acute form, however.
- In disseminated disease, spread of infection to the bones, lungs, liver, meninges, brain, skin, heart, and pericardium (sac around the heart) may take place.

TREATMENT

Severe symptoms are treated with specific antifungal drugs.

NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Chigger “Bites”

I. HAZARD OVERVIEW

Chiggers are not a type of insect. Chiggers are the juvenile (or larval) form of a specific family of mites, the Trombiculidae. Mites are closely related to ticks.

Chiggers first show up as annoying red bumps. An itch begins. It grows. More hard red welts surface. Savage scratching begins. Every welt becomes a persistent, exquisitely itching preoccupation that continues to irritate for days and even weeks.

Chiggers are less than 1/150th of an inch in diameter and are almost invisible to the unaided eye. However, when several chiggers cluster together, they can be seen because of their bright red color. Chiggers are born red; they do not become red from feeding on blood, as some believe. An engorged, well-fed chigger changes to a yellow color.



One of the greatest misconceptions about chiggers is that they burrow into the skin and eventually die, thus causing the persistent itch. Chiggers are not equipped to burrow and are too large to enter through the pores. Chiggers do bite us, much like ticks do. Chiggers attach by inserting minute specialized mouthparts into skin depressions, usually at skin pores or hair follicles. The chigger's piercing mouthparts are short and delicate, and can penetrate only thin skin or where the skin wrinkles and folds. The reason the bite itches so intensely and for such a long time is because the chigger injects saliva into its victim after attaching to the skin. This saliva contains a powerful digestive enzyme that literally dissolves the skin cells it contacts.

II. PREVENTION AND PROTECTION

For more information, contact: OMC at x-3670

Avoid the chigger habitat: Unlike ticks, which quietly wait for hosts, chiggers run about almost constantly. The distribution of chiggers in any area is extremely spotty. Chiggers tend to congregate in patches, while nearby spots of apparently the same suitable living space is free of them. Often, people will be heavily attacked while sitting in a chigger concentration area, while the lucky folks sitting only a few yards away will get no bites at all.

Chiggers are affected by temperature. They are most active in afternoons, and when the ground temperature is between 77 and 86 degrees. Chiggers become completely inactive when substrate temperatures fall below 60 degrees; temperature below 42 degrees will kill the chigger species that bite us.

If you can, plan your outdoor activities around your thermometer reading to keep chigger bites to a minimum. Researchers have also found that chiggers actively avoid objects hotter than 99 degrees. Rocks that have been baking in the sun are almost always free of chiggers, and make a safe place to sit when you are in a chigger-infested area.

An effective means to eliminate these chiggers is to remove the habitat favored by the adults and juveniles. Clearing away brush and weeds, keeping the grass cut close to the ground and removing conditions, which attract small animals that can serve as hosts, is the best way to get chiggers out of your yard. Chiggers seldom survive in areas that are well groomed.

Dress to prevent penetration: The first line of defense against chiggers is the right kind of clothing.

- Shorts, sleeveless shirts and sandals are poor choices in chigger-infested areas.
- Wear tightly woven socks and clothes, long pants, long-sleeved shirts, and high shoes or boots. Tucking pant legs inside boots and buttoning cuffs and collars as tightly as possible also helps keep the wandering chiggers on the outside of your clothes. Chiggers are small enough to penetrate the meshes of your clothing, but they usually stay on the surface of your clothes until they come to an easy opening such as your cuffs, collar or waistband.
- Once they are on your body, chiggers wander about for an hour or more looking for a tender spot to dine. If these traveling chiggers reach an obstacle such as a belt or an elastic band, rather than cross over the obstacle or go under it, they stop and begin to feed. They are capable of getting all over a person's body in just a few minutes. The trek from a victim's shoe to the belt line takes about 15 minutes.
- Change clothes as soon as possible, and wash them before you wear them again.
- Mosquito repellents will repel chiggers. All brands are equally effective. Applying these products to exposed skin and around the edge of openings in your clothes, such as cuffs, waistbands, shirtfronts and boot tops, will force chiggers to cross the treated line to get inside your clothes.
- Take a warm soapy bath with plenty of scrubbing as soon as possible after exposure. If you bathe at once, while the chiggers are still running over your body, you can wash them off before they bite. A bath will also remove any attached and feeding chiggers before you start to feel the itch.



III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

The cause of Itching: A chigger usually goes unnoticed for one to three hours after it starts feeding. During this period the chigger quietly injects its digestive saliva. After a few hours your skin reacts by hardening the cells on all sides of the saliva path, eventually forming a hard tube-like structure called a stylostome. The stylostome walls off the corrosive saliva, but it also functions like a feeding tube for the hungry chigger. The chigger sits with its mouthparts attached to the stylostome, and sucks up your liquefied tissue. Left undisturbed, the chigger continues alternately injecting saliva into the bite and sucking up liquid tissue.



It is the stylostome that irritates and inflames the surrounding tissue and causes the characteristic red welt and intense itch. The longer the chigger feeds, the deeper the stylostome grows, and the larger the welt will eventually become. The time required for a chigger to complete its meal varies with the location of the bite, the host, and the species. If undisturbed, chiggers commonly take three or four days, and sometimes longer. On human hosts, however, chiggers seldom get the chance to finish a meal, and they are accidentally brushed away or scratched off by the victim long before the meal is complete.

Duration of Symptoms: Itching usually peaks a day or two after the bite occurs. This happens because the stylostome remains imbedded in your skin tissue long after the chigger is gone. Your skin continues the itch, allergic reaction to stylostome for many days. The stylostome is eventually absorbed by your body, a slow process that takes a week to 10 days, or longer.



Treatment

- Prevention: Warm soapy water is all that is necessary to remove and kill chiggers. Attached chiggers are removed by even the lightest rubbing. If you are away from civilization, you can remove attached chiggers before they do much damage by frequently rubbing down with a towel or a cloth.
- Lotions will relieve the itching somewhat, but no substance is completely effective. The only ultimate cure is time, since there is nothing you can do to dislodge the chigger's feeding tube, the true cause of your itch. You must simply wait until your body breaks down and absorbs the foreign object.
- Local anesthetics such as benzocaine, camphor-phenol and ammonium hydroxide may provide you with several hours of comfort at a stretch. Over-the-counter creams can also help. In rare cases, some people are allergic to chigger bites and require prescription medications from their doctor.
- Chronic scratching will only cause the stylostome to further irritate. Scratching deep enough to remove the stylostome will probably cause a secondary infection that is worse than the original chigger bite. If you do scratch, disinfect the chigger bite with topical antiseptics.

Reference: <http://www.conservation.state.mo.us/nathis/arthopo/chiggers/>



NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Cold Stress

I. HAZARD OVERVIEW

Prolonged exposure to freezing or cold temperatures can result in serious health problems such as trench foot, frostbite and hypothermia. In extreme cases, including cold-water immersion, exposure can result in death. Danger signs include uncontrolled shivering, slurred speech, clumsy movements, fatigue, and confused behavior. If these signs are observed, call for emergency help.

These factors contribute to cold stress:

- Cold temperatures: A cold environment forces the body to work harder to maintain its temperature
- High or cold wind: Wind chill is the combination of air temperature and wind speed. For example, when the air temperature is 40°F, and the wind speed is 35 mph, your exposed skin receives conditions equivalent to the air temperature being 11° F.
- Dampness and cold water: Cold air, water, and snow all draw heat from the body. Cold stress can be brought about by temperatures in the 50s coupled with some rain and wind.

Anyone working in a cold environment may be at risk for cold stress. However, older people may be at more risk than younger adults, since older people are not able to generate heat as quickly. Certain medications may prevent the body from generating heat normally. These include anti-depressants, sedatives, tranquilizers and some heart medications. Persons with existing medical conditions that are aggravated by cold temperatures or taking these type medication should be evaluated by OMC before extended periods of outdoor work in cold weather.

For more information

Contact Safety & Health Services Division, Industrial Hygiene Group on extension 3066 or Occupational Medicine Clinic on extension 3670 for more information.

In an emergency, call Fire Rescue on extension 2222 or dial 911.

II. PREVENTION AND PROTECTION

- Workers need to wear proper clothing for cold, wet and windy conditions including layers so they can adjust to changing conditions.
- Workers need to take frequent short breaks in warm dry shelters to allow the body to warm up.
- Try to schedule work for the warmest part of the day.
- Use the buddy system – work in pairs so that one worker can recognize danger signs.



- Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas or hot chocolate) or alcohol. Eat warm, high-calorie foods such as hot pasta dishes.

<p>Protective Clothing</p>	<ul style="list-style-type: none"> • Cotton loses its insulation value when it becomes wet. Wool, on the other hand, retains its insulation even when wet. • Wear at least three layers of clothing: <ul style="list-style-type: none"> ○ An outer layer to break the wind and allow some ventilation (like Gortex® or nylon) ○ A middle layer of down or wool to absorb sweat and provide insulation even when wet ○ An inner layer of cotton or synthetic weave to allow ventilation • Wear several layers of clothing rather than one thick layer. Air captured between layers acts as an insulator. • Wear synthetic fabrics such as polypropylene next to the skin because these whisk away sweat. Clothing should not restrict flexibility. • Wear a hat. Up to 40% of body heat can be lost when the head is left exposed. • Wear insulated boots or other footwear. • Keep a change of dry clothing available in case work clothes become wet. • Do not wear tight clothing. Loose clothing allows better ventilation. • Tight-fitting footwear restricts blood flow. Footwear should be large enough to allow wearing either one thick or two thin pairs of socks. Wearing too many socks can tighten fit and harm rather than help.
<p>Hand Protection</p>	<ul style="list-style-type: none"> • When doing fine work with bare hands for more than 10-20 minutes below 16°C (60.8°F), keep hands warm with measures such as warm air jets, radiant heaters (fuel burning or electric), or contact warm plates. • Cover metal handles of tools and control bars with thermal insulating material for temperatures below -1°C (30.2°F). • Wear gloves where fine manual dexterity is not required and the air temperature falls below 16°C (60.8°F) for sedentary, 4°C (39.2°F) for light, and -7°C (19.4°F) for moderate work. • To prevent contact frostbite, wear insulated gloves when surfaces within reach (especially metallic surfaces) are colder than -7°C (19.4°F). Warn workers to avoid skin contact with these surfaces. • Design tools and machine controls used in cold conditions for operation by gloved hands.
<p>Work Practices</p>	<ul style="list-style-type: none"> • Drinking: Drink plenty of liquids, avoiding caffeine and alcohol. It is easy to become dehydrated in cold weather. • Work Schedule: If possible, heavy work should be scheduled during the warmer parts of the day. Take breaks out of the cold. • Buddy System: Try to work in pairs to keep an eye on each other and watch for signs of cold stress. • Provide breaks in shelter to worker in extreme cold as per the schedule in Table 1 TLVs Work/Warm-up Schedule for Four-hour Shift.
<p>Engineering Controls</p>	<ul style="list-style-type: none"> • Radiant heaters may be used to warm workers • Shield work areas from drafts or wind • Use insulating material on equipment handles when temperatures drop below 30° F.
<p>Training</p>	<ul style="list-style-type: none"> • Train employees and supervisors to <ul style="list-style-type: none"> ○ Detect early signs of cold stress ○ Follow work schedules with appropriate rest periods ○ Follow appropriate engineering controls; personal protective equipment and work practices are in place to reduce the risk of cold stress.

Air temperature - sunny sky		No noticeable wind		8 k/hr wind (5 mph)		16 k/hr wind (10 mph)		24 k/hr wind (15 mph)		32 k/hr wind (20 mph)	
°C(approx.)	°F(approx.)	Max work period	Number of breaks								
-26° to -28°	-15° to -19°	normal breaks	1	normal breaks	1	75 min	2	55 min	3	40 min	4
-29° to -30°	-20° to -24°	normal breaks	1	75 min	2	55 min	3	40 min	4	30 min	5
-32° to -34°	-25° to -29°	75 min	2	55 min	3	40 min	4	30 min	5	Non-emergency work should cease	
-35° to -37°	-30° to -34°	55 min	3	40 min	4	30 min	5	Non-emergency work should cease			
-38° to -39°	-35° to -39°	40 min	4	30 min	5	Non-emergency work should cease		Non-emergency work should cease			
-40° to -42°	-40° to -44°	30 min	5	Non-emergency work should cease		Non-emergency work should cease		Non-emergency work should cease			
-43° & below	-45° & below	Non-emergency work should cease									

Note: Applies to any 4-hour work period of:

- Moderate-to-heavy work with warm-up periods of ten minutes in a warm location and with an extended break (e.g., lunch) at the end of the 4-hour work period in a warm location.
- Light-to-moderate work (limited physical movement) -- apply the schedule one step lower. For example, at -35°C (-30°F) with no noticeable wind (Step 4), a worker at a job with little physical movement should have a maximum work period of 40 minutes with 4 breaks in a 4-hour period (Step 5).
- Applies only for workers in dry clothing.

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

Cold stress disorders:

Disorder Name	Signs and symptoms	What to do
Hypothermia occurs when body heat is lost from being in a cold environment faster than it can be replaced. When the body temperature drops below the normal 98.6° F to around 95° F, the onset of symptoms normally begins.		
Mild hypothermia (98 - 90° F)	Shivering. Lack of coordination, stumbling. Fumbling hands. Slurred speech. Memory loss. Pale, cold skin.	Move to warm area. Stay active. Remove wet clothes and replace with dry clothes or blankets, cover the head. Drink warm (not hot) sugary drink.
Moderate hypothermia (90 - 86° F)	Shivering stops. Unable to walk or stand. Confused and irrational.	<ul style="list-style-type: none"> • All of the above, plus • Call 911 for an ambulance. Cover all extremities completely. Place very warm objects, such as hot packs or water bottles on the victim's head, neck, chest and groin.
Severe hypothermia (86 - 78° F)	Severe muscle stiffness. Very sleepy or unconscious.	<ul style="list-style-type: none"> • Call 911 for an ambulance. Treat the victim very gently.

Disorder Name	Signs and symptoms	What to do
	Ice cold skin. Death.	Do not attempt to re-warm. The victim should receive treatment in a hospital
<p>Frostbite Frostbite occurs when the skin actually freezes and loses water. In severe cases, amputation of the frostbitten area may be required. While frostbite usually occurs when the temperatures are 30° F or lower, wind chill factors can allow frostbite to occur in above freezing temperatures.</p>	<p>Frostbite typically affects the extremities, particularly the feet and hands. Cold, tingling, stinging or aching feeling in the frostbitten area, followed by numbness. Skin color turns red, then purple, then white or very pale skin, cold to the touch. Blisters in severe cases.</p>	<ul style="list-style-type: none"> • Call Fire Rescue on extension 2222 or dial 911. • Do not rub the area. • Wrap in soft cloth. • If help is delayed, immerse in warm, not hot, water.
<p>Trench foot Trench foot or immersion foot is caused by having feet immersed in cold water for long periods. It is similar to frostbite, but considered less severe.</p>	<p>Tingling. Itching or burning sensation. Blisters.</p>	<ul style="list-style-type: none"> • Soak feet in warm water, then wrap with dry cloth bandages. • Drink a warm, sugary drink.



NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Hanta virus

I. HAZARD OVERVIEW

Hanta virus pulmonary syndrome (HPS) is a severe cardiopulmonary illness first identified in 1993. Infected rodents (particularly the white footed mouse) transmit HPS through urine, droppings, or saliva. Humans can be infected by inhaling airborne particles of the virus or by direct contact with rodents, their droppings, or nests. The infected rodents excrete the virus in their urine, droppings, and saliva. These droppings contaminate dirt and dust that becomes airborne.



Potential exposures results from rodents or rodent-infested environments, including straw and hay piles stored in fields, abandoned farm buildings, open-access feed storage sites, and buildings with excess accumulations of dirt, debris, and spilled feed. Contact with potentially infected rodents or their excreta, including handling of dead rodents and cleaning of food storage areas, animal-handling facilities, and outbuildings, with evidence of rodent harborage present, may pose exposure to the virus causing the illness.



II. PREVENTION AND PROTECTION

Protective & Control Measures

Rodent control is the primary strategy for preventing Hanta virus infection.

Indoors:

- Keep kitchens clean (wash dishes, clean counters and floor, keep food covered in rodent-proof containers).
- Keep a tight-fitting lid on garbage.
- Do not store open or perishable foods in offices.
- Seal all entry holes 1/4 inch wide or wider with lath screen or lath metal, cement, wire screening or other patching materials, inside and out.

Outdoors:

- Clear brush, grass, and junk from around building foundations to eliminate a source of nesting materials.
- Use metal flashing around the base of wooden buildings to provide a strong metal barrier. Install so that the flashing reaches 12 inches above the ground and six inches down into the ground
- Elevate hay, woodpiles and garbage cans to eliminate possible nesting sites. If possible, locate them 100 feet or more from buildings.

Personal Protective Equipment for Entry into Suspect Areas

Crawl space	
ACTIVITY/CONDITION	PROTECTIVE MEASURES
Entry into suspected or known infestations or areas contiguous to known infestations	HEPA Respiratory protection and disposable body covering. Decontamination and disinfection. Use a technique that insures that dust and debris from crawl space will not enter occupied areas.
Entry into probable infestation-free crawl spaces.	HEPA Respiratory protection and disposable body covering, if any potential to create dust is possible. Use a technique that insures that dust and debris from crawl space will not enter occupied areas.
Observation of crawl space not requiring entry into the space	Gloves, if surface contact with debris will occur. Use a technique that insures that dust and debris from crawl space will not enter breathing zone of worker or room occupant. Optional respiratory protection.

Attic and Ceiling Space	
ACTIVITY/CONDITION	PROTECTIVE MEASURES
Insertion of the head (breathing zone) into a probable infestation-free attic or ceiling space	Gloves and a technique that insures that debris on ceiling tile or entry hatch will not enter breathing zone of worker or room occupant. Optional respiratory protection.
Insertion of the head (breathing zone) into suspected or known infestations or areas contiguous to known infestations	HEPA respiratory protection and disposable body covering if the generation of dust or debris is possible. Brief head insertion (<1 minute) into still attic/ceiling air spaces may be possible without respiratory protection, if conditions insure no inhalation of particulates. Use a technique that insures that debris on ceiling tile or entry hatch will not enter breathing zone of worker or room occupant.
Entry of body and head into suspected or known infestation or areas contiguous to areas with known infestations.	HEPA Respiratory protection and disposable body covering. Decontamination and disinfection. Use a technique that insures that debris on ceiling tile or entry hatch will not enter room.
Work in suspected or known infestation areas: pulling cables, repairing pipes or wires, vacuuming debris, etc.	HEPA Respiratory protection and disposable body covering. Decontamination and disinfection. Use a technique that insures that debris on ceiling tile or entry hatch will not enter room.
Observation of infestation-free or infested space without insertion of the head (breathing zone) into the space	Gloves and a technique that insures that debris on ceiling tile or entry hatch will not enter breathing zone of worker or room occupant. Optional respiratory protection.

Closed up housing units and cabins	
ACTIVITY/CONDITION	PROTECTIVE MEASURES
Entry of body and head into a building that has been closed during the off-season.	Before going into cabins or outbuildings that have been closed for a while opens them up and air out before cleaning. Air out potentially rodent-infested buildings or areas at least 30 minutes before cleaning. Enter and look for signs of animal droppings. If found, leave area and follow clean-up procedures.

	Do not sweep or dry vacuum rodent-contaminated surfaces, which may stir up the dust and allow potentially contaminated dust to be breathed.
Entry of body and head into suspected or known infestation or areas contiguous to areas with known infestations.	HEPA Respiratory protection and disposable body covering. Decontamination and disinfection.

Clean-up of suspect material:

Personal Protective Equipment: Wear coveralls (disposable, if possible), rubber boots or disposable shoe covers, rubber or plastic gloves, protective goggles, and an appropriate respiratory-protection device, such as a half-mask air-purifying (or negative-pressure) respirator with a combo acid gas & high-efficiency particulate air (HEPA) filter or a powered air-purifying respirator (PAPR) with combo acid gas & HEPA filters N-100.

- Personal protective gear should be decontaminated upon removal at the end of the day. If the coveralls are not disposable, they should be laundered via BNL laundry service.
- All potentially infective waste material (including respirator filters) from clean-up operations that cannot be burned or deep buried on-site should be double-bagged in appropriate plastic bags. The bagged material should then be labeled as infectious (if it is to be transported) and disposed of in accordance with the EWMS Division's instructions.
- Workers should wear rubber or plastic gloves when handling rodents or handling traps containing rodents. Gloves should be washed and disinfected before removing them, as described above.
- Traps contaminated by rodent urine or feces or in which a rodent was captured should be disinfected with a commercial disinfectant or bleach solution.
- **Do not** stir up dust by sweeping up or vacuuming up droppings, urine or nesting materials.
- Thoroughly wet contaminated areas with detergent or liquid to deactivate the virus. Most general-purpose disinfectants and household detergents are effective. A 10% bleach solution (prepared by mixing 1.5 cups of household bleach in 1 gallon of water) may be used in place of commercial disinfectant.
- Once everything is wet, take up contaminated materials with a damp towel, then mop or sponge the area with disinfectant.
- Spray dead rodents with disinfectant, then double-bag along with all cleaning materials.
- Disinfect gloves before taking them off with disinfectant or soap and water. After taking off the clean gloves, thoroughly wash hands with soap and warm water.

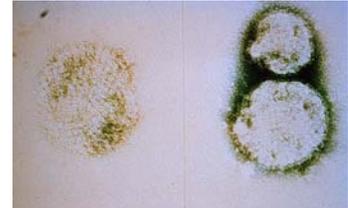
Definitions used in this fact sheet

Disinfection	Saturation of contaminated material (rodent nesting, droppings, etc) or tools for at least 10 minutes in 10% bleach (sodium hypochlorite) solution or other biocidal disinfectant.	
Decontamination	Good personal hygiene including thorough hand washing, proper disposal of contaminated PPE. Disinfection of tools.	
Personal Protective Equipment	Respirator: Half-face HEPA APR with eye protection or full-face HEPA. Body Covering: Tyvek® or Kleenguard® disposable suit. Glove: Any polymeric elastomer glove sturdy enough to withstand puncture.	
Evidence of Rodent Activity	Life or dead mice or other rodents, droppings, nesting material (straw, dried grass, wood fibers, scraps of cloth, lint).	
Infestation-free	No signs of rodents, droppings, or nesting material in the area. No recent history of observation of rodents by occupants.	

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

For more information, contact: OMC at x-3670

The early symptoms include fever, headache, and muscle pain; severe abdominal, joint and lower back pain; nausea and vomiting. A cough and shortness of breath usually develops 1 to 5 days after the onset of symptoms. The primary symptom of HPS is difficulty in breathing due to fluid build-up in the lungs. This can quickly progress to respiratory failure. Early symptoms include headache, chills, dizziness, non-productive cough, nausea, vomiting, and other gastrointestinal symptoms. Malaise, diarrhea, and lightheadedness are reported by approximately half of all patients; with less frequent reports of joint pain, back pain, and abdominal pain. Patients may report shortness of breath, (respiratory rate usually 26 - 30 times per minute).



Symptoms typically follow the following pattern: Soon after exposure (the period varies widely, but ranges from 1 to 6 weeks, with an average of 2-3 weeks) the first symptoms begin. Misdiagnosis at this stage as flu is common. Later the patient needs hospitalization because of persistent fever (101F-104 F), fast heart rate, and low blood pressure.

Survival and recovery of otherwise healthy individuals is likely with hospitalization and supportive therapy. However, HPS is extremely serious and can be fatal, especially if not treated. From May 1993 through March 2003, a total of 335 cases of Hanta virus pulmonary syndrome have been reported in the United States. Thirty-eight percent of all reported cases have resulted in death. Of persons ill with HPS, 61% have been male, 39% female. The mean age of confirmed case patients is 37 years (range: 10 to 75 years).



NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Heat Stress

I. HAZARD OVERVIEW:

Heat stress is a name given to a collection of health hazards that can occur as a result of strenuous work in hot, humid environments. The effects range from minor discomfort to life threatening implications.

The cause of heat stress is

1. Metabolic heat: When we work, our body produces heat
2. We LOSE most of that metabolic heat to the environment by
 - Sweat (evaporation)
 - Wind cooling (convection)
3. When environmental and/or work condition prevents losing enough metabolic heat, health consequences result = heat stress. The major conditions make us more susceptible to heat stress are
 - Hot and humid weather
 - PPE blocks evaporation and wind

II. PREVENTION AND PROTECTION

A. WBGT Site Monitoring:

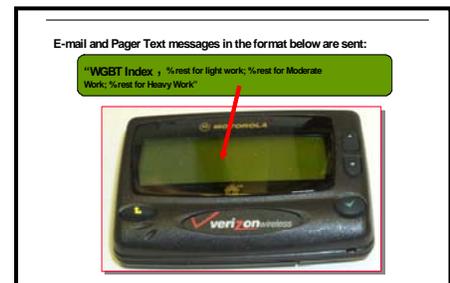
BNL provides environmental monitoring for Heat Stress conditions in the late spring, summer, and early fall. These notifications can alert workers of environmental conditions, that when mixed with strenuous work, make the worker susceptible to heat stress.

The WBGT (Wet Bulb-Globe-Temperature) factors the ambient temperature, humidity, and wind speed into a matrix of health hazards depending on the work activity level. The BNL site notification system alerts workers and management when hazardous conditions occur throughout the day on the BNL site.

Notifications are available via:

- Internet at [SHSD Heat Stress Web Page](#)
- Email messages
- Text message paging for cell phones and text message pagers.

To be advised of the potential for heat stress, contact the [Heat Stress SME](#), the [SHSD Heat Stress Web Page](#), or the BNL [Industrial Hygiene Group Leader](#) to set up notification on your computer, pager, or phone.



B. Personal Dosimetry and Individual Physical Condition Assessment Monitoring:

A personal dosimeter is the best method for monitoring individual susceptibility to heat stress and is the only valid method when the WBGT site alert notification system is not indicative of heat stress risk in an actual work situation that varies from the site wide monitoring location. Dosimetry and individual physical condition assessment is needed in the following cases:

- Work is done in impermeable suits (such as Tyvek®)
- Work needs to be done in conditions exceeding the WBGT
- A worker is in atypical health or has a pre-disposition to heat disorders.

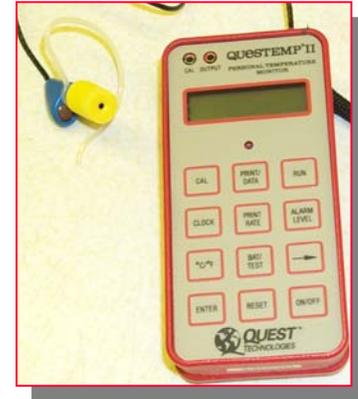
Contact a Facility Support Representative or IH Representative for use of a dosimeter.

The personal heat stress dosimeter is:

- A Thermometer worn in the ear like a noise ear plug
- Logs internal body temperature
- Alarms in danger situations
- It measures an equivalent of the body core temperature

When workers are doing heavy work in that causes them to work longer than the WBGT alert allows or when wearing impermeable suits, monitor workers' physical condition and halt work if one or more of the following conditions occur:

- Sustained (several minutes) heart rate in excess of 180 beats per minutes (bpm) minus the individual's age in years (i.e., 180-age = acceptable sustained heart rate)
 - Body core temperature exceeds 38C (105F)
 - Recovery heart rate at one minutes after peak work effort is greater 110 bpm
 - Symptoms of sudden and severe fatigue, nausea, dizziness, or lightheadedness
- Contact the SME or IH Representative for assistance in conducting this type of ongoing health assessments.



Precautions for Preventing Heat Illnesses:

Work Breaks	Divide the hour in 15-minute intervals & follow work-rest regimen. See Table 1 WBGT Index and Work-Rest regimen (Criteria for Acclimatized Worker) below.	
Shade	Shield work area or break area from direct sunlight	
Air Movement	Fans, unobstructed breezes, A/C	
Clothing	Short sleeve shirt made of cotton	
Personal Protective Equipment	- Ice vests, Wet headbands, Vortex suits	
Fluid Intake	- Cool water every 20 minutes - Salt in food - Electrolyte (Gatorade® type) drinks	

Table 1: WBGT Index and Work-Rest Regimen (Criteria for Acclimatized Worker)				
WBGT Temp in °F [°C]	Light Work Tasks % Rest/%Work	Moderate Work Tasks % Rest/%Work	Heavy Work Tasks % Rest/%Work	Very Heavy Work Tasks % Rest/%Work
81.5 [27.5C]	0/100	0/100	25/75	50/50
83 [28.3C]	0/100	25/75	50/50	50/50
85 [29.5C]	0/100	50/50	50/50	75/25
86 [30.0C]	0/100	50/50	75/25	75/25
87 [30.5C]	25/75	50/50	75/25	75/25
88 [31.0C]	25/75	75/25	75/25	75/25
89 [31.5C]	50/50	75/25	75/25	75/25
90.5 [32.5C]	75/25	75/25	75/25	75/25

Table 2: Examples of Work Load Level for Typical Tasks	
RESTING	Sitting quietly Sitting with moderate arm movements
LIGHT <200 kcal/hr	Sitting with moderate arm and leg movements Standing with light work at machine or bench using mostly arms Standing with light to moderate work at machine or bench and some walking Using a table saw
MODERATE 200 - 350 kcal/hr	Walking about with moderate lifting and pushing Walking on level at 6Km/hr (4 mph) while carrying 3-Kg (5-lb) weight load Scrubbing in a standing position
HEAVY 350 - 500 kcal/hr	Pick and shovel work Carpenter sawing by hand Shoveling dry sand Heavy assembly work on a non-continuous basis Intermittent heavy lifting with pushing and pulling
VERY HEAVY	Shoveling wet sand

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

Personal Factor that increase the risk of heat stress are

Age	People become more susceptible to heat stress, as they get older.
Weight	Excessive weight insulates the body core and increases risk.
Fitness	Fit people are at less risk.
Un-Acclimatized	Acclimatization is a series of physical adaptations the body make as is gets "use to heat" and allows a worker to be less prone to heat disorders and able to do more work in heat.

Heat Stress Illnesses are

Disorder Name	Signs and symptoms	What to do
Heat Rash (also known as “prickly heat”)	<ul style="list-style-type: none"> • Inflammation of the skin resulting from prolonged exposure to heat and humid air. • Often aggravated by chafing from clothes. 	Recovery is by rest in the shade and washing the affected areas in cool water.
Heat Cramps	<ul style="list-style-type: none"> • Cramps in the extremities (especially legs and hands) or abdomen caused by the depletion of water and salt in the body. • Usually occurs after physical exertion in an extremely hot environment or under conditions that cause profuse sweating and depletion of body fluids and electrolytes. 	Recovery is by rest in the shade and drinking fluids with electrolytes (sports type beverages are good).
Heat Exhaustion	<ul style="list-style-type: none"> • Potentially Serious: Weakness, dizziness, nausea. • A result of the body’s inadequate effort to give off excessive heat. Although not an immediate threat to life, if not properly treated and exposure to heat continues, could evolve into heat stroke. • Caused by loss of fluids, Skin: clammy & moist 	Recovery with rest in shade & drink w/electrolytes
Heat Stroke	<p>Severe and potentially fatal condition resulting from the failure of the body to regulate its core temperature.</p> <ul style="list-style-type: none"> • Mental Confusion. • Loss of consciousness. • Convulsions. • Body temperature > 106. • Hot, dry skin. No sweating. • May die unless treated promptly. 	True medical emergency requiring immediate transport to a medical facility. Call 2222 or 911 from Lab phone for immediate transport to a hospital.

NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Insect-borne Diseases

I. HAZARD OVERVIEW

Insects can carry diseases and transmit them to human via “bites.” The diseases that have occurred sporadically on Long Island in recent years are

- West Nile Virus
- Eastern Equine Encephalitis
- Malaria

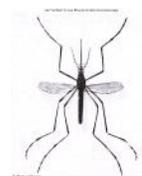


West Nile Virus

West Nile Virus (WNV) infection is an illness transmitted to humans by mosquitoes. The pathogen that causes WNV infection is a virus that is known to infect birds and other animals as well as humans. Employees working outside are at risk, particularly in warmer weather (when mosquitoes are more likely to be present). The potential for infection varies on a year-to-year basis. Most cases occur in the eastern United States. Relatively few mosquitoes carry the disease. Only in recent years have cases occurred in the United States, with 700 to several thousand cases per year with 10- 250 related deaths. Up-to-date information on the number of cases and fatalities due to West Nile Virus infection can be obtained on the CDC's West Nile Virus web page at: <http://www.cdc.gov/ncidod/dvbid/westnile/surv&control.htm>.

Eastern Equine Encephalitis

Eastern Equine Encephalitis (EEE) is a mosquito-borne viral disease (virus is a member of the family *Togaviridae*, genus *Alphavirus*) that occurs in the eastern half of the United States. Because of the high-case fatality rate, it is regarded as one of the more serious mosquito-borne diseases in the United States. Horses can also become infected with, and die from, EEE virus infection. Several species of mosquitoes can become infected with EEE virus. The most important mosquito in maintaining the transmission cycle is *Culiseta melanura*. The United States averages 4 cases/year, with a range from 0-14 cases. Human cases occur relatively infrequently, largely because the primary transmission cycle takes place in swamp areas where populations tend to be limited. Persons over age 50 and younger than age 15 seem to be at greatest risk for developing severe disease



Malaria

Malaria is a mosquito-borne disease caused by blood parasites, called Plasmodia. The disease is transmitted to people by the Anopheles mosquito. This disease is a leading cause of debilitating illness, with over 200 million cases each year from around the world. Almost all of the cases reported in New York State each year are acquired in foreign countries. However, a few locally acquired cases have occurred on Long Island and in Queens.

II. PREVENTION AND PROTECTION

For more information, contact: OMC at x-3670

Eliminate mosquito breeding grounds: A highly effective way of reducing mosquito populations and reducing the number of mosquito bites. Mosquitoes lay eggs in standing water. Mosquitoes can breed in any source of stagnant or standing water that lasts more than 4 days.

- Inspect work areas and, where possible, get rid of sources of stagnant or standing water to remove a potential breeding ground of mosquitoes.
- Avoid leaving containers that can accumulate water in an uncovered or upright position, such as wheelbarrows, drums, buckets, cans, tarps and other containers.
- Drain or pump out collected water from newly constructed swimming pools, rain gutters, and ditches.
- Properly store any open containers in the work area that are not being used such as buckets and cans.
- Create holes to drain water from containers that cannot be thrown out.
- Fill in any potholes, patches, and other areas where water is likely to accumulate.

Employee Precautionary Actions

- Encourage workers to take extra precautions whenever mosquitoes are present and biting (for example, mosquito swarms are often present at dusk or at dawn).
- Cover as much of the skin as possible by wearing shirts with long sleeves, long pants, and socks whenever possible.
- Use a head net to protect skin and neck.
- Avoid use of perfumes and colognes when working outdoors during peak times when mosquitoes may be active; mosquitoes may be more attracted to individuals wearing perfumes and colognes.
- Use insect repellents containing DEET. According to the CDC, the most effective repellents contain DEET (N, N-diethyl-m-toluamide or N, N-diethyl-3-methylbenzamide). **Note:** To avoid reaction to DEET or other ingredients of insect repellents, it is important that employees read and follow the directions on all insect repellent before use. Repellents should not be applied to skin that is already irritated, or to cuts/lacerations.
- Spray insect repellent on the outside of your clothing, as it is possible for mosquitoes to bite through thin clothing.
 - Do NOT spray insect repellent on skin that is under clothing.
 - Do NOT spray aerosol or pump products in enclosed areas.
 - Do NOT spray a pump or aerosol product directly on your face. First spray on hands and carefully rub on face (do not allow insect repellent to contact your eyes and mouth).
 - After returning indoors, use soap and water to wash skin that has been treated with insect repellent.
- Employees should protect themselves from skin contact with dead birds. The CDC recommends using gloves or an inverted plastic bag when handling dead birds.

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

West Nile Virus

Less than 1% of people bitten develop any symptoms. People older than 50 are most likely to develop symptoms.

In most cases, persons infected with West Nile Virus either show no symptoms or have very mild flu-like symptoms, called West Nile fever. These mild cases of West Nile fever normally last only a few days and are not believed to cause any long-term effects. According to the CDC, severe cases have resulted in "West Nile encephalitis," an inflammation of the brain, "West Nile meningitis," inflammation of the membrane around the brain, or "West Nile meningoencephalitis" an inflammation of the brain and the membrane around it. The signs and symptoms of severe disease may last several weeks and may have

permanent neurological effects. The typical time from infection to the onset of signs and symptoms is 3 to 14 days.

Signs and symptoms of the milder illness, West Nile fever, include the following:

- Headache
- Fever
- Body aches
- Sometimes, swollen lymph nodes
- Sometimes, a skin rash on the body

Signs and symptoms of severe infection (West Nile encephalitis or meningitis), include the following:

- Headache
- High fever
- Stiffness in the neck
- Disorientation (in very severe cases, coma)
- Tremors and convulsions
- Muscle weakness (in very severe cases, paralysis)

Eastern Equine Encephalitis (EEE)

Symptoms range from mild flu-like illness to encephalitis (inflammation of the brain), coma, and death.

- The EEE case fatality rate (the % of persons who develop the disease who will die) is 35%, making it one of the most pathogenic mosquito-borne diseases in the United States
- It is estimated that 35% of people who survive EEE will have mild to severe neurologic deficits.

Malaria

Symptoms include fever, chills, sweats and headache, and in some instances may progress to jaundice, blood coagulation defects, shock, kidney or liver failure, central nervous system disorders and coma. Cycles of chills, fever and sweating occurring every one, two or three days is a good indicator of malaria in a person recently returning from a tropical area.

How soon do symptoms occur?

The time between the infective mosquito bite and the development of malaria symptoms can range from 12 to 30 days depending on the type of Plasmodia involved. One strain of Plasmodium, called *P. vivax*, may have a prolonged incubation period of 8 to 10 months. When infection occurs by blood transfusion, the incubation period depends on the number of parasites transferred but is usually less than two months.

When and for how long is a person able to spread malaria?

Untreated or inadequately treated cases may be a source of mosquito infection for one to three years depending on the strain of Plasmodium. Direct person-to-person transmission does not occur. Stored blood products can remain infective for 16 days.

What is the treatment for malaria?

Due to the changing pattern of drug-resistant strains, current recommendations can be obtained from your local, county, or state health department.

NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Lightning

I. HAZARD OVERVIEW

In the United States, an estimated 25 million cloud-to-ground lightning flashes occur each year. On average, 70 people per year are killed in the United States. During a thunderstorm, each flash of cloud-to-ground lightning is a potential killer if a person is in the path of the lightning discharge.

Lightning tends to travel the path of least resistance and often seeks out tall or metal objects. A 'tall' object can be an office tower, a home, or a child standing on a soccer field. Be warned, lightning can and does strike just about any object in its path.

In addition to the visible flash that travels through the air, the current associated with the lightning discharge travels along the ground. Although some victims are struck directly by the main lightning stroke, many victims are struck as the current moves in and along the ground.



II. PREVENTION AND PROTECTION

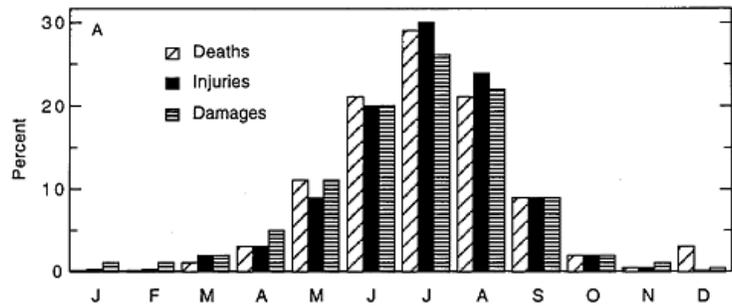
Prepare

Advance planning is an important means to safety. Lightning safety is "anticipating a high-risk situation and moving to a low-risk location." Lightning Safety Plans should be site-specific.

1. Designate a responsible person to monitor weather conditions.
 - A portable weather radio will provide regular weather condition updates.
 - Watch for weather signs -- clouds and thunder. Lightning can strike as far as 10 miles away from the rain area in a thunderstorm. That's about the distance you can hear thunder. When a storm is 10 miles away, seek shelter.
 - The **30-30 Rule**: Where visibility is good and there is nothing obstructing your view of the thunderstorm.
 - When you see lightning, count the time until you hear thunder. If it is 30 seconds or less, the thunderstorm is within 6 miles of you and is dangerous. Seek shelter immediately.
 - Wait at least 30 minutes after the last clap of thunder before leaving shelter. Don't be fooled by sunshine or blue sky!
 - Use the LightningStorm.com web site to view a map of lightning activity.
http://www.lightningstorm.com/tux/jsp/gpg/lex1/mapdisplay_free.jsp;jsessionid=70301423881078252096616

Two-thirds of the casualties occur between noon and 6 p.m.

Lightning casualties and damages peak during the summer months. July has the most deaths, injuries, casualties and damage reports.



2. Identify **Safe** and **Unsafe** locations beforehand.

3. When hazardous conditions occur: Suspend Activities - Evacuate People - Monitor Conditions.

Seek Safe Shelter

IF OUTDOORS

- Avoid water, areas that are higher than the surrounding landscape, standing near tall objects, and open spaces. If there is a tall object nearby, move as far away as possible - at least 2 meters (7 ft). Standing next to tall isolated objects like poles or towers makes you vulnerable to secondary discharges coming off those objects.
- Avoid all metal objects including electric wires, fences, machinery, motors, power tools.
- Stop using the (hard-wired) telephone and headsets.
- If you're caught outside and unprotected:
 - Get in a hard-topped car. (Do not touch metallic objects -- door and window handles, radio dials, CB microphones, gearshifts, steering wheels, and other inside-to-outside metal objects.
 - Heavy Equipment: Backhoes, bulldozers, loaders, graders, scrapers, mowers, etc., which employ an enclosed rollover systems canopy (ROPS), are safe in nearby electrical storms. Shut down the equipment, close the doors, and sit with hands in lap, waiting out the storm. In no circumstances, during close-in lightning, should the operator attempt to step off the equipment to ground in an attempt to find another shelter. A "dual pathway to ground" is created. Lightning voltages will attempt to equalize themselves, and they may go through a person to do so.
 - Smaller equipment without ROPS is not safe. Small riding mowers, golf cars, utility wagons are examples. Rubber tires provide zero safety from lightning. Abandon this machinery and get into a safe shelter.
 - Never use a tree as a shelter.
 - Keep away from metal objects including bikes, golf carts, fencing, and machinery.
 - Immediately get out and away from pools, lakes, and other bodies of water.
 - Spread out -- don't stand in a crowd of people.

Safe Areas include

- Fully enclosed metal vehicles with windows up.
- Substantial and permanent buildings.
- Fully enclosed metal vehicle such as a car, truck, or a van with the windows completely shut.

Unsafe Areas include

- Small structures including huts, rain shelters, canopies, small picnic shelters.
- Nearby metallic objects like fences, gates, instrumentation and electrical equipment, wires, and power poles.
- Near trees.

Safety Crouch

If hopelessly isolated from shelter during close-in lightning, adopt a low crouching position with feet together:

- A. **Crouch down.** Put feet together. Place hands over ears to minimize hearing damage from thunder.
- B. **Avoid proximity** (minimum of 15 ft.) to other people.

Do not lie down or place your hands on the ground.

IF INDOORS

- **Avoid water.**
- **Stay away from doors and windows. Do not use the telephone.**
- **Take off headsets.** Turn off, unplug, and stay away from appliances, computers, power tools, and TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.
- Avoid contact with piping including sinks, baths, and faucets.

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

For more information, contact: OMC at x-3670

Helping a Lightning Strike Victim

People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply first aid immediately, if you are qualified to do so. Get emergency help promptly.

Only 20 percent of lightning victims are immediately struck dead. If a person is struck by lightning, medical care may be needed immediately to save the person's life. Cardiac arrest and irregularities, burns, and nerve damage are common in cases where people are struck by lightning.

Lightning strikes have a short duration, only lasting up to a few milliseconds. Most of the current from a lightning strike passes over the surface of the body in a process called "external flashover."

Lightning strikes result in deep burns at point of contact (mostly on the head, neck, and shoulders). Lightning victims' burns seem to center at the entry and exit points. Victims may be injured from falling down or being thrown.

Most Typical Disorders Associated with Lightning Strikes

- Lightning deaths (~20%)
- Cardiopulmonary injuries
- Neurologic/psychiatric injuries
- Burns and skin marking
- Blunt traumas (explosion)
- Auditory and ocular injuries

NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Poisonous Plants

I. HAZARD OVERVIEW

Poison Ivy, Poison Oak, and Poison Sumac

can cause skin irritation and allergic reactions in many people (Rash in three out of four):



POISON IVY
(*Rhus toxicodendron L.*)



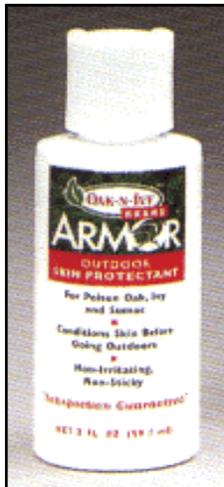
POISON OAK
(*Rhus diversiloba*)



POISON SUMAC
(*Rhus toxicodendron vernix*)

The reaction in the skin is caused by contact with an oily irritant urushiol (oo-ròo-she-all) found in the plant's stem, roots, branches, leaves, and fruit. The oil can be found in

- Leafy plants, dormant plants, long-dead prunings,
- Contaminated clothes & tools, or
- Contaminated pets.



II. PREVENTION AND PROTECTION

Reducing/Prevent the Rash

- **Apply a Barrier Cream** (like ARMOR) on exposed skin: A coating of cream provides resistance between skin proteins and the irritating oil.
- **Wear long pants and long sleeve shirt and shoes and socks. Wear cotton or leather gloves.**
- **Decontaminate clothing:** Launder in washing machine with detergent.
- **Clean contacted surfaces: tools, clothing, gloves, etc.**
 - Oils do NOT evaporate
 - Active for a **year or longer** after being picked up.

- **Wash infected skin** as soon as possible.
 - Apply a skin cleanser like TECNU or Fels Naptha Soap. It will minimize the severity and prevent the spread of the sap to uninfected body parts,
 - Oils continue to spread for the first 1 or 2 days.



III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

For more information, contact: OMC at x-3670

- Rash occurs 2-3 hr up to 3-5 days later. The rash will typically last:
 - In mild cases 5-12 days.
 - In more severe cases up to 30 days or longer.
- Itchiness and swelling, then reddish inflammation, tiny pimples.
- Blisters form and couple in a chain-like reaction. Breaking the blister does not cause spreading. Blisters contain the body's natural allergic reaction to poisonous plants, not the oil.
- No person is completely immune. Some people are sensitive to small amounts of oil, others react only to large amounts. Severe cases of poisoning have occurred after supposedly "immune" individuals have purposely rubbed Rhus leaves onto their skin. Even if you have never gotten the rash before, you can *begin* getting the rash at any time during your life. Sensitivity is a matter of being exposed enough times until the body becomes allergic.
- There is not vaccine against the rash.
- You cannot get the rash from someone else. Once the rash appears, the oil has all bonded to the victim's skin, so it can't be spread to others.
- You can get the rash from pets.
 - Fur protects the animals' skin from the oil.
 - The oils remain on their fur and can contaminate you.
 - Remove the oil by washing pet.
- Most remedies act as astringents that dry out the skin. There is no cure once the rash begins, only relief of the symptoms.
 - Treatments relieve minor itching, pain, oozing, and swelling with over-the-counter anti-itch treatments that contain zinc acetate, diphenhydramine HCl, menthol zinc oxide, or hydrocortisone.
 - In severe cases a physician can prescribe antihistamine creams or tablets. For severe cases, a shot of cortisone is given.
- Do not break the blisters. Open blisters can easily become infected and lead to blood poisoning. If the blisters break, cover loosely with a sterile bandage.
- Do not wrap or cover the rash with bandages. Air is helpful to healing. If you cover the rash with a sterile bandage, cover loosely to allow healing oxygen to reach the surface of the skin. Keep the rash very clean.

IV. ADDITIONAL INFORMATION ON THE PLANTS

POISON IVY (*Rhus radicans*)



Woody perennial that grows as a small shrub (5-120 cm high), trailing vine, or an aerial-rooted vine that climbs rough surfaces to 15 m. Compound leaf consisting of three bright green, shiny leaflets are alternately arranged on the stem. Leaflets are elliptic to egg-shaped and have either smooth, toothed or lobed margins. Upper leaf surface is smooth, while hairs are found on veins of underside of leaf. The leaves vary in size from 8 to 55 mm long. They are reddish in the spring, green during the summer, and various shades of yellow, orange, red, or bronze in the autumn.

Small flowers have 5 petals about 3/16" in diameter. Male and female flowers, normally found on separate plants, are clustered, small, and cream to yellow green in color. Fruit is waxy green, white, cream, or yellow colored. Fruits grow in clusters and are 3-7 mm in diameter and 1-seeded. Plant reproduces by creeping roots and seed.

Occurs on sandy, stony, or rocky shores of streams, rivers, and lakes; it sprouts in thickets, along the borders of woods, and in wood openings.

BNL 4/98 9

POISON OAK (*Rhus taxicodendron*)



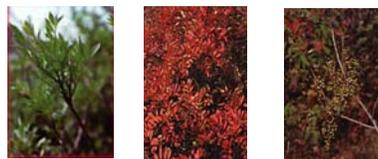
Woody perennial that grows as a small shrub about 8 feet high. Sometimes becomes a vine several inches in diameter that grows high into the oak trees attached by air-roots. Compound leaf consists of three more bluntly ended leaflets which usually have 3-7 deep teeth or lobes along the margins. They are shiny, without prickles, and the middle leaf has a distinct stalk.

Plant has erect stems, small greenish flowers, and smooth seeds that are about 1/4 inch across. It is deciduous.

All parts of the plant contain the oil Urushiol which causes the skin reaction. Deer eat the leaves and woodrats make nests with the branches. It is one of the most important food plants for wildlife.

BNL 4/98 11

POISON SUMAC (*Rhus vernix*)



Woody perennial that grows to a height of 15-20 feet as a tall shrub or small tree with 6-12 leaflets arranged in pairs, and an additional single leaflet at the end of the midrib.

The small yellowish green flowers, borne in clusters, mature into whitish green fruits that hang in loose clusters 10-30 cm in length. The male and female flowers of poison sumac are on separate plants, as in poison ivy and western poison oak.

Although nonpoisonous sumac species have leaves similar to those of poison sumac, the nonpoisonous species have red fruits that form distinctive, erect, cone-shaped terminal heads, not the hanging whitish green fruits of poison sumac.

Usually found in shady swamps.

BNL 4/98 10

NATURAL ENVIRONMENTAL HAZARD FACT SHEET

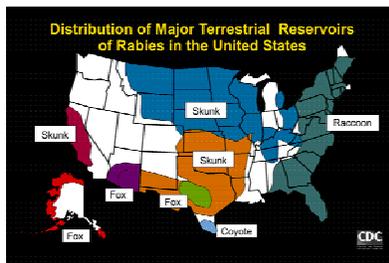
Rabies

I. HAZARD OVERVIEW

Rabies is a viral disease of mammals transmitted through the bite of an animal with rabies (a rabid animal) like a raccoon, skunk, feral cat, or bat. Rabies is an infectious viral disease that affects the nervous system of humans and other mammals. It is also possible, but quite rare, that people may get rabies if infectious material from a rabid animal, such as saliva, gets directly into their eyes, nose, mouth, or a wound.



Thousands of people are successfully treated each year after being bitten by an animal that may have rabies. A few people die of rabies each year in the United States, usually because they do not recognize the risk of rabies from the bite of a wild animal and do not seek medical advice.



In 2001, 7437 cases of rabies were reported in the United States in animals and no cases in humans. In this century, the number of human deaths in the United States attributed to rabies has declined from 100 or more each year to an average of 1 or 2 each year.

The vast majority of rabies cases occur in wild animals like raccoons, skunks, bats, and foxes. Rabies virus from bats has caused most of the recent human rabies cases in the United States. Domestic animals account for less than 10% of the reported rabies cases, with cats, cattle, and dogs most often reported rabid.

Domestic animals accounted for 6.8% of all rabid animals reported in the United States in 2001.

Transmission

Transmission of rabies virus usually begins when infected saliva of a host is passed to an uninfected animal. Various routes of transmission have been documented and include contamination of mucous membranes (i.e., eyes, nose, and mouth), aerosol transmission, and corneal transplantations. The most common mode of rabies virus transmission is through the bite and virus-containing saliva of an infected host. People cannot get rabies from having contact with bat guano (feces), blood, or urine, or from touching a bat on its fur.

II. PREVENTION AND PROTECTION

Worker-level protective measure

- Avoid direct contact with unfamiliar animals.
- Do not handle, feed, or unintentionally attract wild animals with open garbage cans or litter.
- Teach children never to handle unfamiliar animals, wild or domestic, even if they appear friendly.
- Prevent wild animals and bats from entering living quarters or occupied spaces in buildings where they might come in contact with people and pets.

- Rabies is common in developing countries in Asia, Africa, and Latin America where dogs are the major reservoir of rabies. Tens of thousands of people die of rabies each year in these countries. Before traveling abroad, consult with a health care provider, travel clinic, or your health department about the risk of exposure to rabies, pre-exposure prophylaxis, and how you should handle an exposure, should it arise.
- Wild animals and bats should always be prevented from entering rooms in buildings. Carefully examine the building for holes that might allow wild animals and bats entry. Any openings larger than a quarter-inch by a half-inch should be caulked. Use window screens, chimney caps, and draft-guards beneath doors to attics, fill electrical and plumbing holes with stainless steel wool or caulking, and ensure that all doors to the outside close tightly. Observe where the bats exit at dusk and exclude them by loosely hanging clear plastic sheeting or bird netting over these areas. Bats can crawl out and leave, but cannot re-enter. After the bats have been excluded, the openings can be permanently sealed.
- If a wild animal or bat enters a building, contact Plant Engineering for removal.
- Pet owners should keep vaccinations up-to-date for all dogs, cats and ferrets. If a wild animal bites your pet, seek veterinary assistance for the pet immediately.



What to do after a possible exposure

If an animal or bat bites you -- or if infectious material (such as saliva) from an animal gets into your eyes, nose, mouth, or a wound -- wash the affected area thoroughly and get medical advice immediately. Whenever possible, the animal should be captured and sent to a laboratory for rabies testing.

People usually know when a bat has bitten them. However, because bats have small teeth, which may leave marks that are not easily seen, there are situations in which you should seek medical advice even in the absence of an obvious bite wound.

The following information will help your health care provider assess your risk:

- the geographic location of the incident
- the type of animal that was involved
- how the exposure occurred (provoked or unprovoked)
- the vaccination status of animal
- whether the animal can be safely captured and tested for rabies.

Rabies vaccine and immune globulin

There is no treatment for rabies after symptoms of the disease appear. However, two decades ago scientists developed an extremely effective new rabies vaccine regimen that provides immunity to rabies when administered after an exposure (post-exposure prophylaxis) or for protection before an exposure occurs (pre-exposure prophylaxis).

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

For more information, contact: OMC at x-3670

Centers for Disease Control and Prevention: www.cdc.gov/ncidod/dvrd/rabies

Signs and symptoms

Rabies virus infects the central nervous system, causing encephalopathy and ultimately death. Early symptoms of rabies in humans are nonspecific, consisting of fever, headache, and general malaise. As the disease progresses, neurological symptoms appear and may include insomnia, anxiety, confusion, slight or partial paralysis, excitation, hallucinations, agitation, hypersalivation, difficulty swallowing, and hydrophobia (fear of water). Death usually occurs within days of the onset of symptoms.

A pre-exposure vaccination is recommended for persons in high-risk groups, such as veterinarians, animal handlers, and certain laboratory workers. Other persons whose activities bring them into frequent contact with rabies virus or potentially rabid bats, raccoons, skunks, cats, dogs, or other species at risk of

having rabies should also be considered for pre-exposure prophylaxis. In addition, international travelers likely to come in contact with animals in areas of enzootic dog rabies, which lack immediate access to appropriate medical care, including biologics, should be considered for pre-exposure prophylaxis.

People who work with live rabies virus in research laboratories or vaccine production facilities should have a serum (blood) sample tested for antibody every 6 months and receive booster vaccine, when necessary. Routine pre-exposure prophylaxis for other situations may generally not be indicated.



NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Spider Bites

I. HAZARD OVERVIEW

All spiders possess venom, which they use for paralyzing prey and for self-defense against predators. The type of venom and its effects on humans varies among species. Although most spiders are relatively harmless, the black widows (occurs on Long Island) and brown recluses (Long Island is not in the typical range) are considered dangerous to humans and animals and should be avoided.



II. PREVENTION AND PROTECTION

Worker-level protective measure

- Be aware of spider habitats: Black widows nest indoors and outdoors. Inside they have been found in basements, attics, inside cabinets, under beds, and in closets. Outside they like to nest under objects such as boards, tin, stones and bricks, in clumps of weeds and grasses, in water meter boxes and around rubbish. In the forest they prefer to nest in rotten stumps, underneath logs and around rocks. Many are associated with dry, undisturbed piles of firewood, old limbs, rock piles, bales of hay, wooden buildings and pit privies.
- Protect hands with gloves when working outdoors.
- Remove trash, old boxes, piles of lumber, old rubble piles and other unwanted items from under or around houses and outbuildings.
- Do not go barefoot.
- Install screens on doors and windows to prevent entry.
- Seal or caulk cracks and crevices where spiders can enter buildings.
- Wash off the outside of buildings, especially around window wells and other undisturbed places where webs are built.
- Insecticides: Pyrethrin is registered specifically for black widow spiders and Resmethrin (Vectrin) is useful for clean outs in outbuildings, crawl spaces, etc.

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

For more information, contact: OMC at x-3670

Although the black widow's bite is rarely fatal, it can produce very severe reactions in humans, some of which include sweating, nausea, severe abdominal cramping, and difficulty in breathing and lowered blood pressure. Small children and older adults are usually affected more severely than other groups of people. Death is always a possibility without proper medical treatments.

The venom of the black widow spider is 15 times as toxic as the venom of rattlesnakes, however; only a minute amount of the toxin is injected with a single bite by the spider. The severity of a person's reaction to the bite depends on the area of the body bitten, amount of venom injected, depth of bite, seasonal changes and temperature. Spider bites are uncommon and serious long-term complications or death is rare. Deaths were only rarely officially attributed to black widow bites in the United States.

The bite feels like a pinprick or is not even felt. At first, there may be only slight local swelling and two faint red spots surrounded by local redness at the bite. Pain becomes intense in one to three hours and may continue up to 48 hours. Pain usually progresses from the bitten member up or down the arm or leg, finally localizing in the abdomen and back. The abdominal muscles may become rigid and board-like with severe cramps (resembles appendicitis). There may be pain in the muscles and soles of the feet, and eyelids may become swollen.

Other symptoms may be nausea, profuse perspiration, tremors, labored breathing and speech, and vomiting. During this time, a feeble pulse, cold clammy skin, unconsciousness, convulsions and even death may result if the victim does not receive medical attention immediately. Additional complications may occur due to the infection of the bite. However, with some untreated individuals, symptoms may diminish in several hours and be gone in several days after agony.



TREATMENT

Persons younger than 16 and older than 60, especially those with a heart condition, may require a hospital stay. (Health and lung failure may result in death.) With treatment (specific anti-venom), healthy people recover rapidly in two to five days.

- If bitten, remain calm, collect the spider, if possible, for positive identification and get medical attention immediately.
- Contact the OMC, hospital and/or Poison Information Center. First aid is of limited help.
- Apply a mild antiseptic such as iodine or hydrogen peroxide to prevent infection.
- Never put heat or warmth on a spider bite as it could increase the spread of the venom and reaction to the bite.
- Cleaning the bite area is of the utmost importance.
- Apply cool compresses to help decrease pain, as well decrease spread of venom.
- Antibiotics are helpful in the case of a secondary infection. Basic wound care is the essentials in all bites.

IV. Spiders Potentially Encountered on Long Island

The **Southern Black Widow Spider** *Latrodectus mactans*, is widely distributed in the United States (however Long Island is too far north). Mature females are black with a red hour-glass-shaped mark on the belly. On the female of the **Northern Black**

Widow *L. variolus*, (found on Long Island), the hourglass mark under its belly is incomplete. The widow spiders are extremely poisonous. The venom is a neurotoxin and works rapidly on the human body. The males are variously colored and are often eaten by the females after mating.

Adult males are harmless, about half the female's size, with smaller bodies, longer legs and usually have yellow and red bands and spots over the back, as do the immature stages.



The **Brown Recluse Spider** *Loxosceles reclusa* is found throughout the south of the United States (**not expected on Long Island**). These spiders range from western Georgia northward into Kentucky and westward to Kansas and Texas. Since these spiders are easily transported, it is wise to check vacation gear when returning from a southern and western vacation.

As its name implies, it is a shy spider and likes its privacy in cluttered closets, basements, and outbuildings. It occurs outdoors under rocks and rubble but prefers to nest in or around human dwellings. The spider has a violin-shaped mark extending from the eyes to the abdomen. (Photo by: James O. Howell)



<p>Newly hatched spiderlings are predominately white or yellowish-white, gradually acquiring more black and varying amounts of red and white with each molt. Juveniles of both sexes resemble the male and are harmless.</p>	<p>Bites from the brown recluse spider are painful and can cause a skin ulcer that is slow to heal.</p>
<p>Ground Spiders and Wolf Spiders: Most of these common spiders are also quite large and dark brown in color. They may be found running along the ground chasing their prey.</p>  <p>Wolf spiders are large and hairy spiders that live on the forest floor and in trees. Bites from wolf spiders are very painful but rarely occur unless the spider is handled or squeezed. (Photo by: James O. Howell)</p>	<p>Crab spiders are crablike in appearance and walk sideways or backwards. These spiders spin no webs, but forage for their prey or wait in ambush for it. One species can change color depending upon the color of the flower it is resting on.</p> 
<p>Nursery Web and Fishing spiders may be quite large, some having a leg spread of three inches. Many of them live near water, walking over the surface and diving beneath it. They feed on aquatic insects and even small fish. These spiders are rovers and the female spins a web only for the young. The female carries the egg sac underneath her until the young spiders are ready to hatch at which time she ties it to a plant and wraps leaves around it.</p>  <p>The fangs are certainly able to penetrate human skin, but reports of humans being bitten are rare. A single known report indicates immediate burning pain at the site of the bite, followed by redness and minor local tissue necrosis.</p>	<p>Orb weavers include the common garden spiders, which are brightly colored, black and yellow or black and red. These spiders are usually found resting head downward near the center of their large orb web.</p> 
<p>Jumping spiders: Small to medium in size with short legs and stout bodies. The body is hairy and may be brightly colored or iridescent. They are found primarily under stones and in debris.</p> 	<p>Harvestman or Daddy Longlegs: These animals are not true spiders, but they are found in gardens and interior spaces. These arachnids have a small oval body and extremely long legs. They feed on plant juices and dead insects.</p> 
<p>Common house spider has a cosmopolitan distribution and has probably been transported around the world by humans. It is a common and characteristic species of houses, barns, and sheds. Rarely have common house spiders been known to bite humans, and their bites apparently do not result in serious symptoms.</p> 	



NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Snakebites

I. HAZARD OVERVIEW

BNL and Long Island is not home to any snakes that are dangerous to humans. The Eastern Hognose Snake, with rear fangs, is slightly venomous, but harmless to people. Rattlesnakes have been gone from Long Island since the early 1900s.

The snakes in our area will typically not display aggressive behavior and will not bite a human unless provoked by an action such as trying to pick one up. Some snakebites pose a very small risk of a Salmonella bacterial infection resulting.



The most common Long Island snakes are the garter snake and the water snake.

- Garter snakes are found in many places, including woods, marshes, and backyards.
- Water snakes are found in and near almost any water or wetland.

II. PREVENTION AND PROTECTION

Worker-level protective measure

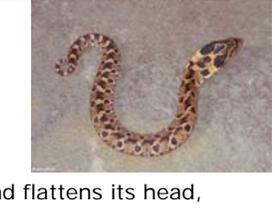
- Do not pick up or play with any snake unless you have been properly trained. Most serious snakebites occur when someone deliberately provokes a snake.
- Wear long pants and boots.
- Avoid areas where snakes may be hiding -- under rocks, logs, etc.
- Tap ahead of you with a stick before entering an area with an obscured view of your feet. Snakes will attempt to avoid you if given adequate warning.
- Wash your hands if you have come in contact with or handled a snake or other reptile, to prevent salmonella poisoning.

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

If bitten: Clean snake bites with soap and water and go to the OMC for consultation.

IV. SNAKES FOUND ON LONG ISLAND

SOURCES: Hofstra University; State University of New York, College of Environmental Science and Forestry

<p>Northern Brown Snake <i>Storeria dekayi</i> Fairly common Dark brown to light tan 9 to 13 3/4 inches In mild weather, active during day; when hot, active at night.</p>		<p>Eastern Hognose Snake <i>Heterodon platirhinos</i> Fairly uncommon Highly variable, colors include red, orange, olive, yellow, brown or gray. 2 to 3 feet When threatened, it spreads and flattens its head, inflates its body and hisses.</p>	
<p>Northern Water Snake <i>Nerodia sipedon</i> Fairly common near water Reddish-brown to grayish-brown 22 to 44 inches Saliva prevents clotting, so bites may cause profuse bleeding.</p>		<p>Common Garter Snake <i>Thamnophis sirtalis ssp.</i> Common Variable, with black stripes 18 to 51 inches Can release an unpleasant musk odor when threatened.</p>	
<p>Ribbon Snake <i>Thamnophis sauritus ssp.</i> Uncommon Black or brown with yellow stripes 18 1/2 to 40 inches Likes to bask on rocks, stone walls, hedges and decks.</p>	 <p>Northern Ribbon Snake</p>	<p>Eastern Garter Snake <i>Thamnophis sirtalis sirtalis</i> Common Olive to brown, black, with three yellow stripes 18 to 25 1/2 inches Will bite people.</p>	
<p>Eastern Ribbon Snake <i>Thamnophis sauritus sauritus</i> Uncommon Dark red to brown with yellow stripes 17 3/4 to 26 inches Good swimmer but will not enter deep water.</p>	 <p>© Arno Meyer</p>	<p>Milk Snake <i>Lampropeltis triangulum</i> Fairly common Gray or tan with reddish-brown or brown spots 23 5/8 to 35 1/2 inches Welcome on farms, where it eats rodents.</p>	
<p>Worm Snake <i>Carphophis amoenus</i> Uncommon Brown to black, resembles an earthworm 7 1/2 and 11 inches Secretive, almost never seen in the open.</p>		<p>Northern Black Racer <i>Coluber constrictor</i> Fairly common Black with white chin and throat 36 to 67 inches Largest and fastest snake on the Island.</p>	
<p>Smooth Green Snake <i>Liochlorophis vernalis</i> Uncommon Green on back, and white on the underbelly 11 3/4 to 19 3/4 inches Hibernate together in large numbers.</p>		<p>Northern Ringneck Snake <i>Diadophis punctatus</i> Uncommon Slate gray to black with bright yellow to red on its underside. 9 1/4 to 15 3/4 inches Releases musk and intestinal contents when threatened.</p>	
<p>Northern Redbelly Snake <i>Storeria occipitomaculata</i> Very rare Gray-brown, gray or black 6 to 8 1/4 inches Curls upper lip when frightened.</p>			

NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Tetanus

I. HAZARD OVERVIEW

Tetanus, also known as lockjaw, is a disease manifested by uncontrolled muscle spasms. The disease is frequently fatal, especially to the very old or very young. It occurs predominantly in developing countries among newborn infants, children, and young adults, but it is still encountered in the United States, especially in unimmunized or inadequately immunized adults over fifty years of age. It is preventable by immunization.



The tetanus bacterium spores enter the body through damaged tissue. Tetanus is not directly transmitted from person to person. Instead tetanus spores may be introduced into the body through a puncture wound contaminated with soil, street dust, animal feces, injected contaminated street drugs, lacerations, burns, and even trivial or unnoticed wounds.

II. PREVENTION AND PROTECTION

Worker-level protective measure

The steps in prevention of this disease are

- Be aware of your environment: do not step on sharp objects such as rusty nails that may be contaminated.
- Wear sturdy footwear, such as safety shoes to lessen potential for penetration of sharp objects.
- If wounded, clean the cut with vigorous washing with clean water and the application of antiseptic.
- Prophylactic (pre-injury) immunization with the tetanus toxoid (vaccine).

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

For more information, contact: OMC at x-3670

Tetanus disease is due to a potent poison produced by the bacteria. The poison has a stimulating effect on certain muscle groups. Most of the time the muscles of the jaw, face, and neck are affected first and then progressively more distant muscles such as the arms and legs. In this type of generalized tetanus, which is the most frequent form of the disease, the release of larger quantities of poison from a wound into the bloodstream will tend to produce both a quicker onset and a more rapid progression of symptoms, as well as more severe disease.

The tetanus bacteria spores are found everywhere. Any wound can serve as an entry point for the disease. In the United States, tetanus cases average between fifty and one hundred per year, mostly in

under-immunized older adults, and the source is usually a wound. About 30 percent of the people who get tetanus die from it.

The time between an injury and the occurrence of first symptoms is typically less than two weeks but may range from two days to months: Usually the shorter the period, the more severe the disease. Initially symptoms of tetanus may include

- Localized or generalized weakness,
- Stiffness or cramping, or
- Difficulty chewing and swallowing food.
- An early sign is often the complaint of "lockjaw."
- Increasing muscle rigidity follows in the generalized disease and progressively involves more muscle groups.

For patients who survive tetanus, recovery can be long (1-2 months) and arduous. Muscle spasms may begin to decrease after ten to fourteen days and disappear after another week or two. Residual weakness, stiffness, and other complaints may persist for a prolonged period, but complete recovery can occur from uncomplicated tetanus.

Illness with tetanus usually does not result in immunity, therefore immunization for all recovered patients is recommended. Tetanus toxoid has proved to be safe and effective since its introduction during the 1920s. It will produce immunity to tetanus for at least 10 years in 95 percent or more to the vaccinated. Booster doses are recommended every 10 years to ensure the maintenance of protective antitoxin levels.

However, anyone who sustains a wound other than a minor cut, especially a wound that is deep or becomes contaminated with dirt, should receive a tetanus booster if more than 5 years have elapsed since the last dose. If you aren't sure whether your wound is serious enough to require a dose of tetanus toxoid, check with your doctor.

If an injury from a sharp object occurs, go to the OMC for evaluation and treatment.



NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Tick-borne Diseases

I. HAZARD OVERVIEW

Four tick-borne diseases occur on Long Island. Not all ticks are infected with a disease and not all species of ticks carry all the diseases. The frequency of occurrence of some of these diseases is extremely rare while others are relatively common. The best preventative measure is proper dress when in tick-infested areas and prompt removal of tick before it can attach and transmit the disease agents.



The most likely diseases to occur from a tick bite on Long Island are as follows:

- **Lyme Disease**
- **Babesiosis**
- **Ehrlichiosis (HME and HGE)**
- **Rocky Mountain Spotted Fever (RMSF)**

II. PREVENTION AND PROTECTION

Worker-level protective measure, when entering tick infested areas:

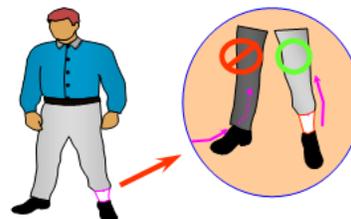
1. Stay on paved surfaces, bare soil and sand, and large expanses of well-mown grass.
2. Avoid Tick Habitats. Stay away from the edge of fields at the shrub line, entering wooded areas, and walking in high grass near wooded areas.
 - Unlikely: Roads, Sand, Tall trees, Isolated Vegetation
 - Possible: Low Grass, Mown lawns, Low tree branches
 - Very likely: Tall Grass, Shrubs



3. Stay out of tick areas when ticks are most active. Deer ticks are most active in predawn to mid-morning and again in late afternoon to dusk.
Ticks prefer:

- High Humidity
- Shade
- Early Morning & Early Evening
- Spring, Summer, & Fall

4. When in tick-infested habitat, take special precautions to prevent tick bites, such as
 - Wear light-colored clothing (for easy tick discovery).
 - Tuck shirt into pants.
 - Wear long pants and socks. Tuck the pant legs into the socks. This makes a barrier that keeps ticks off the skin of the legs.



- Carefully check your entire body and small children after exposure to tick areas. Ticks can easily walk from ankle to shoulders in a few hours. Check after every two to three hours of outdoor activity for ticks on clothing or skin. Brush off any ticks on clothing before skin attachment occurs.
- Do a thorough check of body surfaces for attached ticks at the end of the day. If removal of attached ticks occurs within 36 hours, the risk of tick-borne infection is minimal.
- Supplement the clothing protection in Step 4 with the use of repellents. Two types of product can be used.

- Permethrin:** *Permanone®*, *Raid Hornet Spray®*, *Sawyer®*
Irritant to eyes, toxic by ingestion
Repels and kills ticks and other insects
Can be used as lawn and foliage spray
As PPE: can be sprayed **ONLY** on clothes that are then worn only when dry
Must **not** be applied to bare skin



- DEET:** *Off!*, *Deep Woods Off!(r)*, *Tick Guard®*
Irritant to eyes and mucous membranes, toxic by ingestion
Repels ticks and other insects
Does not kill ticks or insects
Can be sprayed on skin and clothes
Should not be sprayed on skin of children (possible allergic reactions)



What to do if a tick is found on a person:

- If the tick is still walking, carefully remove it and place it into a plastic bag or jar. Discard it in the trash.
- If the tick is attached, prompt, immediate removal of a tick lessens the chance of transfer of tick-borne disease:
 - If during Occupational Medical Clinic (OMC) hours: Go immediately to OMC for removal.
 - If it is during off-hour: Remove the tick yourself by using tweezers (grasping the tick as close to the skin as possible) or use a credit card and scrap the tick off the skin. Grasp the mouthparts with tweezers as close as possible to the attachment (skin) site. Be careful not to squeeze, crush or puncture the body of the tick, which may contain infectious fluids. After removing the tick, thoroughly disinfect the bite site and wash hands. See or call a doctor if there are concerns about incomplete tick removal. Do not attempt to remove ticks by using petroleum jelly, lit cigarettes or other home remedies because these may actually increase the chance of contracting a tick-borne disease.
 - If there are signs that the tick fed (body is enlarged), place the tick into a plastic bag or jar.
 - SHSD can do microscopic identification of ticks taken off workers.
 - Off-site lab analysis of ticks for the presence of some disease causing microorganisms can be done.



Control the likelihood of tick being in an area

- Keep grassy areas mown.
- SHSD can provide area sampling for ticks (at x-3066).
- Plant Engineering can spray areas for tick control (x-2345). Control lasts only a few days to weeks and will not be effective after a rainstorm.

For more information, contact/see:

- Tick identification, habitat control, and risk prevention: SHSD at x-3066
- BNL Lyme Disease Training:
 - <http://training.bnl.gov/> for a web-based class on tick-borne disease prevention
 - SHSD will present platform training tailored to organization's needs.

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

For more information, contact: OMC at x-3670

Lyme Disease

Lyme disease is caused by a spirochete (type of bacteria) *Borellia burgdorferi* transmitted by the deer tick (*Ixodes scapularis*). In New York over 40,000 cases have occurred since Lyme disease became reportable in 1986. In most cases, the tick must be attached for 48 hours or more before the bacteria can be transmitted.



Symptoms: Lyme disease may cause symptoms affecting the skin, nervous system, heart and/or joints of an individual. In 60%-80% of the cases, a large, reddish rash about 2 inches in diameter appears and expands around or near the site of the bite. Sometimes, multiple rash sites appear. Early symptoms may develop a week to a month after the tick bite. The early stage of Lyme disease is usually marked by one or more of the following symptoms: chills and fever, headache, fatigue, stiff neck, muscle and/or joint pain, and swollen lymph nodes. If left untreated, complications from late Lyme disease, such as arthritis, meningitis, facial palsy or heart abnormalities, may occur within a few weeks to months. These later symptoms may develop in people who did not have early symptoms or did not recognize them. Swelling and pain in the large joints may recur over many years.



Past infection with Lyme disease does not make a person immune. Information available at present indicates that re-infection is possible.

Testing: A serological test (blood test of patient) is available. Best results if test is done 4-6 weeks after tick bite. Consult a physician. Ticks can be tested by PCR.

Ehrlichiosis (HGE & HME)

Two different *Ehrlichia* bacteria cause Ehrlichiosis. Human Monocytic Ehrlichiosis (HME) is caused by *Ehrlichia chaffeensis*, which is transmitted by the lone-star tick (*Amblyomma americanum*). Human Granulocytic Ehrlichiosis (HGE) is caused by Ehrlichia bacteria, which are transmitted by the deer tick (*Ixodes scapularis*). In New York State, most cases of ehrlichiosis have been reported on Long Island and in the lower Hudson Valley. The majority of known cases have been in adults.

Symptoms appear one to three weeks after the bite of an infected tick. However, not every exposure results in infection. Symptoms of HME and HGE are the same and usually include fever, muscle aches, weakness and headache. Patients may also experience confusion, nausea and vomiting, and joint pain. A rash is not common. Infection usually produces mild to moderately severe illness, but may occasionally be life threatening or even fatal.

Testing: A serological test (blood test of patient) is available. Consult a physician. Ticks can be tested by PCR.

Babesiosis

Babesiosis is a parasitic infection caused by the protozoa *Babesia* resulting from the bite of the *Ixodes* tick (Deer Tick). In the United States, most of the hundreds of reported cases of Babesiosis have been

caused by *Babesia microti*, a parasite of small mammals. Most reported cases of Babesiosis occur in the northeast, specifically in New York, Massachusetts, Connecticut, and Rhode Island.

Babesiosis is usually an asymptomatic infection in healthy individuals. The mortality rate is low. Most cases improve spontaneously without treatment. Babesiosis affects all age groups with similar frequency; however, patients older than 50 years are at increased risk for severe infection and death. The disease most severely affects patients who are elderly, immunocompromised, or have undergone spleen removal.

It is not known whether past infection with babesiosis can make a person immune. Standardized treatments for babesiosis have not been developed, but some drugs used in the treatment of malaria are effective in some patients with babesiosis.

Symptoms: Incubation period is from 1-4 weeks, sometimes as long as 8 weeks. Infections can occur without producing symptoms. The disease can cause fever, fatigue and hemolytic anemia lasting from several days to several months, weight loss, muscle and joint pain, depression, dark urine, nausea and vomiting, cough, shortness of breath; fever, shaking chills, jaundice, and malaise.

Testing: A serological test (blood test of patient) is available. Consult a physician. Ticks can be tested by PCR.

Rocky Mountain Spotted Fever (RMSF)

RMSF is caused by the organism *Rickettsia rickettsii* found in the American dog tick (*Dermacentor variabilis*) in the Eastern United States. An estimated 4% of the American dog ticks are infected with *Rickettsia* species, but the vast majority of these are nonpathogenic *Rickettsia*. Therefore, the chance of an individual tick harboring *Rickettsia rickettsii* is slight. Approximately 600-800 new cases per year occur. Cases are geographically distributed: North Carolina and Oklahoma account for one-third of total cases reported. South Carolina, Tennessee, and Georgia accounted for the third, fourth, and fifth highest number of cases. Fewer than 50 cases are reported annually in New York State, most have occurred on Long Island.

Rickettsia is introduced into humans after an infected tick feeds for more than 6 hours. After an average of 1 week (3-12 days), the patient develops clinical manifestations of infection. Mortality rate from RMSF has been reported to be 4%, with death usually occurring 8 days after onset of symptoms. A significant portion of this mortality is due to delay in diagnosis and treatment. Incidence is highest in children (peak in children aged 5-9 years) and in males older than 60 years.

Symptoms: Symptoms usually appear within two weeks of the bite of an infected tick. RMSF is characterized by a sudden onset of moderate to high fever (which can last for two or three weeks), severe headache, fatigue, deep muscle pain, chills and rash. Rash typically begins around wrists and ankles, but may start on the trunk or be diffuse at the onset. Fifty percent have a rash by the third day. Classic distribution of RMSF rash on palms and soles occurs relatively late in the course (in 43% of patients only after the fifth day of symptoms). Some reports have observed 36–80% of RMSF patients without the classic distribution of rash on palms and soles.



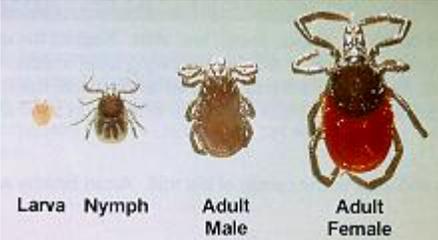
Approximately 10–15% of patients have Rocky Mountain **spotless** fever (more often in older patients and African American patients).

IV. DETAILS ON TICKS FOUND ON LONG ISLAND

Three types of tick are found on Long Island:

<p>Deer Tick</p>  <ul style="list-style-type: none"> - Lyme Disease - Babesiosis - Ehrlichiosis (HGE) 	<p>Dog Tick</p>  <ul style="list-style-type: none"> - Rocky Mountain Spotted Fever 	<p>Lone Star Tick</p>  <ul style="list-style-type: none"> - Ehrlichiosis (HME)
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<p>Deer Tick Adult Female (left)</p> <p>Dog Tick Adult Female (right) collected at BNL.</p> <p>Adults Dog Ticks are active April to November.</p> <p>Scale: 10x, hatch marks on ruler are millimeters.</p>		<p>Deer Tick Adult Male (left) & Female (right) collected at BNL.</p> <p>Adult Deer Ticks are active in March to Early June and Late August to November.</p> <p>Scale: 10x, hatch marks on ruler are millimeters.</p>	
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<p>The three stages of Deer Tick Larvae (left), Nymph (second from left), Adult Male (second from right), Female Adult (right)</p>		<p>Engorged Dog Tick female.</p>	
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<p>Deer Tick nymph collected at BNL.</p> <p>Nymphs are active in June, July, and August.</p> <p>Scale: 30x, hatch marks on ruler are millimeters.</p>		<p>Dog Tick nymph collected at BNL.</p> <p>Dog Ticks nymphs are active most of the year, especially in the fall.</p>	
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<p>Dog Tick Adult Male.</p>		<p>Lone Star Tick Adult female.</p>	
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NATURAL ENVIRONMENTAL HAZARD FACT SHEET

Ultraviolet Radiation - Sunburns & Snowblindness

I. HAZARD OVERVIEW

Sunburn is an acute skin inflammation that follows excessive exposure of the skin to ultraviolet radiation (UVR). It is detectable within 30 minutes of exposure to UVR. Less intense or shorter-duration exposure to UVR results in an increase in skin pigmentation, known as tanning, which provides some protection against further UVR-induced damage.



Sunburn is usually associated with minimal short-term injury. Most cases resolve spontaneously with no significant long-term scarring. In rare cases, sunburn may be so severe and diffuse that it results in second-degree burns, dehydration, secondary infection, shock, or even death.

Illness and death associated with long-term sun exposure is related primarily to the development of skin cancers.

Strong UVR from the sun can cause inflammation of the cornea leading to photokeratitis or "snowblindness." Symptoms of this kind of an infection include the eyes becoming reddish, a sensitivity to light, enhanced excretion of tears, the feeling of having some dirt in one's eye, and pain. The trauma appears 3-12 hours after exposure. Eye cells quickly regenerate, so symptoms will normally disappear within a few days. A long-term exposure to UVR may cause permanent damage to the cornea. UVR also enhances the dimming of the eye's lens, which means that potential cataracts begin to evolve at earlier ages. A cataract is a partial or complete opacity of the lens of the eye and the largest cause of blindness in the world.

II. PREVENTION AND PROTECTION

- Prevention is the most effective therapy for sunburn. Individual and community educational programs can be effective in decreasing overall sun exposure or increasing use of sunscreen or protective clothing.
- Avoid sun exposure, especially during the period of peak solar radiation flux (from 10 am to 2 pm).
- Wear protective clothing, including hats or sun visors. Significant transmission of UVR may occur through some clothing, resulting in sunburn on clothed skin.
- Use sunscreens with an adequate sun protection factor (SPF). SPF refers to the time needed to produce sunburn on protected skin as a factor of the time to produce sunburn on unprotected skin.
 - In general, use of a sunscreen with an SPF of 30 is sufficient.
 - Apply at least 30 minutes prior to sun exposure and reapply often.
 - Use waterproof sunscreens when swimming or perspiring heavily.
 - Physical barriers (e.g., zinc oxide, talc, titanium dioxide) provide excellent protection but are less appealing cosmetically.

To prevent photokeratosis, wear sunglasses. Plastic and glass lenses screen 99% or more of the harmful UV light.

III. HEALTH HAZARD INFORMATION: CAUSAL AGENT; SIGNS & SYMPTOMS

For more information, contact: OMC at x-3670

Minor cases of sunburn resolve spontaneously over 4-7 days with scaling and skin peeling. Long-term exposure to UV radiation can cause harmful effects on the skin, including premature aging and wrinkling of the skin, development of premalignant lesions, and development of malignant tumors. Excessive exposure of the eyes to UV radiation can lead to discoloration of the lens and nuclear cataract formation.

- Patients at highest risk typically have fair skin, blue eyes, and red or blond hair.
- The acute inflammatory response is greatest 20-24 hours after exposure.
 - Erythema (redness)
 - Warmth
 - Tenderness
 - Edema (liquid pooling)
 - Blistering and fever (in severe cases)

TREATMENT

- Minor sunburn can be relieved to some extent with cool compresses or a cool bath. Nonprescription analgesics and Aspirin, Ibuprofen, or Acetaminophen for the treatment of pain and inflammation may be used.
- Inpatient care is indicated for severe burns, secondary infection, or control of severe pain.