



# Safety Tips

A five-minute training Series for Pest Management Professionals.



## Personal Insect Repellents

The use of personal insect repellents can make the time you spend working outside much more enjoyable and/or tolerable. Generally speaking, personal insect repellents provide a safe and effective way to protect you from insect bites such as mosquitoes.

However, there are some considerations you should make when choosing and using any repellent product. These include the following:

- Choose a product that meets your needs. For example, if you plan to be outdoors for a short period of time, choose a product with a lower concentration of repellent and repeat only if you need a longer protection time.
- Apply the repellent sparingly and only on exposed skin surfaces or on top of clothing. Do not apply under clothing. Heavy application and saturation are unnecessary for effectiveness. Repeat applications only as necessary and according to the label.
- Do not use repellents on an open wound, sunburn or irritated skin.
- Avoid breathing spraying mists and never use near food.
- If you are concerned that you are sensitive to a product, prior to general use apply the product to a small area of skin on your arm and monitor to determine if a reaction occurs.
- Do not spray the repellent near your eyes. If the product does get in your eyes, rinse immediately. The product label will also provide specific first-aid measures.
- Some products profess to contain sunscreen and or lotion. It is advised that these products only be used as repellents and not to provide protection from sun exposure.
- As with any aerosol product, do not leave an aerosol dispersed product in a hot vehicle.
- Use soap and water to remove the repellent at the end of the day or when it is no longer needed.