

This Week's Learning Objective:

Sting and Bite Care/Response

Materials Needed for this Session:

A copy of PestSure Safety Tip "Insect Bites and Stings Self Care"; enough for each attendee.

A copy of the "How to Treat Dog Bites" sheet; enough for each attendee.

Leader Notes / Training Outline

1. **Review** the "Insect Bites and Stings Self Care" safety tip.
2. **Discuss** your company specific instructions for reporting stings and bites and self treatment.
3. **Review** the "How to Treat Dog Bites" sheet. Reiterate the infection and rabies risks.
4. **Discuss** any questions/personal stories from attendees.
5. Open the discussion to the attendees. See Leader Tips below.

- _____
- _____
- _____



Leader Tips:

Announce the learning objective: Our objective today is _____

Explain to the group why this topic is being reviewed:

- Prevent you from being injured
- Prevent injury to others
- .

Ask the **group to discuss** the subject matter and give input by drawing from their work experiences:

- Attendee to relate a personal story involving this objective
- Attendee to share something learned on the job involving this objective
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Insect Bites and Stings – Self Care

Most bites and stings will heal on their own without a visit to a doctor. There are several things you can do to make yourself more comfortable and relieve pain and itching from a bite or sting.

Insect or spider bites or stings or contact with caterpillars

1. Move away from the insect. Bees will alert other bees, making them more likely to sting.
2. Remain as calm and quiet as possible. Movement increases the spread of venom in the bloodstream.
3. If you have been stung by a bee and the stinger is still in the skin, remove the stinger as quickly as possible.
4. If you have been stung on the arm or leg, lower the limb at the time of the sting to slow the spread of venom. Hours later, if swelling is present, elevate the limb to help reduce swelling.
5. After contact with a caterpillar, remove broken-off spines by placing cellophane tape or commercial facial peel over the area of the contact and pulling it off.

Relieve pain, itching, and swelling – First 6 Hours

- Apply an ice pack to a bite or sting for 15 to 20 minutes once an hour for the first 6 hours. When not using ice, keep a cool, wet cloth on the bite or sting. Always keep a cloth between your skin and the ice pack. Do not apply ice for longer than 15 to 20 minutes at a time, and do not fall asleep with the ice on your skin.
- Elevate the area of the bite or sting to decrease swelling.
- Try a nonprescription medicine for the relief of itching, redness, and swelling.
- An antihistamine, such as Benadryl or Chlor-Trimeton, may help relieve itching, redness, and swelling. Don't give antihistamines to your child unless you've checked with the doctor first.
- A spray of local anesthetic containing benzocaine, may help relieve pain. If your skin reacts to the spray, stop using it.
- Hydrocortisone 1% cream or calamine lotion may help relieve itching and redness. Note: Do not use the cream on children younger than age 2.
- After the first 6 hours, if swelling is not present, try applying warmth to the site for comfort.
- Try a nonprescription medicine to help treat your fever or pain:
 - Acetaminophen, such as Tylenol or Panadol, Nonsteroidal anti-inflammatory drugs (NSAIDs), Ibuprofen, such as Advil or Motrin, or Aspirin

Prevent a skin infection

1. Wash the area with soap and water.
2. After washing, wipe the area with rubbing alcohol or first-aid antiseptic.
3. Do not break any blisters that develop.
4. If a bite becomes irritated, apply an antibiotic ointment, such as bacitracin or polymyxin B sulfate, and cover it with an adhesive bandage. The ointment will keep the bite from sticking to the bandage. Note : Stop using the ointment if the skin under the bandage begins to itch or a rash develops. The ointment may be causing a skin reaction.
5. If any new symptoms develop or skin infections, flu-like symptoms or your symptoms become more severe, seek medical attention.

WebMD Medical Reference
from Healthwise Last
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How to Treat Dog Bites

Dog bites should be treated immediately.

Dog bites can cause cuts in the skin, bruising, crush injuries or punctures. According to MedLine Plus, the highest risk of an infection comes from a puncture wound. Proper treatment of a dog bite minimizes the risk of complications.



1. Control any bleeding by following the appropriate steps. Avoid using a tourniquet unless there is severe bleeding that cannot be controlled any other way.
2. Once the bleeding is controlled, clean the wound with soap and warm water. Do not be afraid to clean inside the wound. Be sure to rinse all the soap away, or it will cause irritation later.
3. Cover the wound with a clean, dry dressing. You can put antibiotic ointment on the wound before covering. Watch for signs of infection:
 - Redness
 - Swelling
 - Heat
 - Weeping pus
4. Always call a physician to determine if you should be seen. Some dog bites need antibiotics, particularly if they are deep puncture wounds. Additionally, many municipalities have regulations for reporting dog bites and monitoring the dogs, and that is often initiated by contact with a doctor.
5. Any unidentified dog runs the risk of carrying rabies. If the dog cannot be identified and the owner cannot show proof of rabies vaccination, the victim must seek medical attention. Rabies is always fatal to humans if not treated.
6. The wound may need stitches. If the edges of a laceration are unable to touch, or if there are any avulsions, the wound will need emergency medical attention. Wounds on the face or hands should be seen by a physician because of the likelihood of scarring and loss of function.

By [Rod Brouhard](#), About.com Guide

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