

Tick Prevention Jobsite Checklist



Protect Workers from Tick Exposure and Tick-Borne Illnesses

? BEFORE THE SHIFT

- ☐ Job Hazard Assessment (JHA) completed for tick exposure risk
- ☐ Weather and season reviewed
- ☐ Staff have received tick safety training
- ☐ Workers reminded to wear appropriate clothing:
 - ☐ Long pants and long sleeves
 - ☐ Light-colored clothing (easier to spot ticks)
 - ☐ Pants tucked into socks or boots
 - ☐ Shirts tucked into pants
- ☐ Insect repellent provided (and applied where applicable):
 - ☐ Contains 20–30% DEET, Icaridin (Canada), or Picaridin (U.S.)
 - ☐ Permethrin-treated clothing and gear used when available

? DURING THE SHIFT

- ☐ Workers reminded to:
 - ☐ Stay on clear, well-used trails where possible
 - ☐ Avoid brushing against tall grass, shrubs, and leaf litter

- Take breaks in tick-safe areas (gravel, cleared zones)
- □ Equipment, clothing, and outerwear monitored for hitchhiking ticks
- □ Supervisors encourage regular self-checks during breaks

? AFTER THE SHIFT

- □ Full-body tick checks performed by all team members
- □ Shower within 2 hours of being outdoors (recommended)
- □ Gear and clothing inspected before entering vehicles or buildings
- □ Any tick bites or findings reported and documented immediately:
 - Tick removal followed correct procedure (tweezers, steady pull)
 - Bite location, date/time, and symptoms recorded
- □ Workers reminded to watch for symptoms for 30 days post-bite:
Rash, fever, fatigue, muscle aches, or flu-like symptoms