CARING FOR CUTS
Protect the skin you’re in

Did you know that skin is the largest organ in the human body? It serves the very useful purpose of keeping harmful items out of your body and protecting your internal organs. However, if your skin is damaged, it cannot do its job.

If you get a cut or scrape:

- Place sterile gauze or a clean cloth over the wound and apply pressure until the bleeding stops.
- Wash the cut with soap and water and then use a disinfectant to clean the cut once bleeding stops.
- Look for any foreign objects within the wound once it is clean and remove them, or seek medical attention.
- Apply a bandage to the clean wound and change it twice a day.

Seek medical attention if you experience extreme bleeding, a puncture wound (such as a nail puncture) or a cut that is more than a one-half inch long and one-quarter inch deep.

INSECT BITES AND STINGS
8 prevention tips

When working outside, you may come in contact with some creatures that can hurt you. Rodents, snakes, ticks, fleas, bees, mosquitoes, spiders, scorpions and bats carry diseases, infections and have poisonous bites. To protect yourself while working outdoors:

1. Do not touch rodents, even if they look dead.
2. Avoid animals in nests or dens.
3. Never pick up, disturb or corner a snake—move away quickly.
4. Wear mosquito repellent if working in areas.
5. Keep your skin covered by wearing a hat, socks, long-sleeved shirts, long pants and high boots.
6. Tuck your pants into your boots and be mindful of exposed skin on your neck, wrists and ankles.
7. Do not wear cologne or perfume, which may attract animals.
8. Control and dispose of food and garbage in your work area to avoid attracting pests.

Did You Know?

Mosquitos are among the most common creatures that will bite you. There are many home remedies for mosquito bites, such as rubbing the bite with a bar of soap, toothpaste, ammonia, lemon or aloe. Avoid scratching the bite, if possible, as that can lead to an infection.