SDIS

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Quick Reference Guide

INSECT STING KITS

Have you ever been stung by a bee or a wasp? Have you ever gotten a spider bite? They can be painful, swell up and most of them itch like crazy. They may not happen often, but being prepared is essential.

Your district should have a first aid kit readily on hand. Be sure to regularly check the items inside to make sure that medications and supplies that are out-of-date are removed and replaced. The safety committee can check the first aid kits as part of their walkthrough inspections.

The district should ensure that employees are the only people that can access the kit, and that they are the ones administering medication to themselves. An employee should never administer medications to another employee without the medical training and authorization to do so, such as an EMT or first responder.

Below are items to add to your first aid kit to help with insect bites:

- Ice packs
- Hydrocortisone
- Calamine
- Rubbing alcohol wipes
- Diphenhydramine (Benadryl)
- Iodine scrub

Here are best practices to help you stay safe while working outside:

- Learn to identify different types of insects
- Apply insect repellent when working outside
- Wear long pants, long sleeves, and closed-toed shoes/boots
- Avoid wearing perfumed lotions, aftershave, or deodorant
- Know what kinds of insects you will be around in your work area – for example, if gardening, be careful of bees
- Do not disturb hives, mounds, or nests

If you have employees that know they are allergic, the district can allow them to carry their own EpiPens. As stated above, the individual must administer the medication themselves. An employee may retrieve the medication for the individual but should then hand it to the affected employee.

If the district wants to provide higher-level medication such as EpiPens, this becomes a little more complicated and may increase the risk of liability for the district. There are additional precautions the district would need to take to have these on hand. Although the Risk Management Department does not encourage this, please contact us with questions.

If you have any questions or concerns, please contact the ***Risk Management Department at 800-285-5461 or riskmanagement@sdao.com***