

Ticks are small, blood-feeding parasites commonly found in grassy and wooded areas, including rest stops and roadside work environments. Drivers and workers who spend time outside during inspections, loading, or breaks may be exposed to ticks. Because ticks can carry diseases—and more than 40 different species are found in Canada—it’s important to stay aware and take simple precautions to avoid bites. In Manitoba, the most common species of concern are the Blacklegged tick (deer tick) and the Lone Star tick, both of which can transmit bacteria, viruses, and parasites.

## HAZARD IMPACTS

### Biological Hazards

#### Disease Transmission

- Ticks can carry and spread illnesses such as Lyme Disease, Anaplasmosis, Babesiosis and Powassan virus disease.

#### Delayed Detection

- Tick bites are often painless, allowing ticks to remain attached for hours or days without being noticed.

#### Skin Irritation and Allergic Reactions

- Bites can cause redness, swelling, itching, and discomfort.

#### Secondary Infections

- Scratching bite areas can lead to skin infections if bacteria enter the wound.



## CONTROLS

### How Can We Control These Hazards?

#### Elimination

- Avoid areas where ticks are commonly found, such as tall grass, brush, and wooded environments when possible.
- Limit time spent in high-risk areas, especially during peak tick season (May-June).

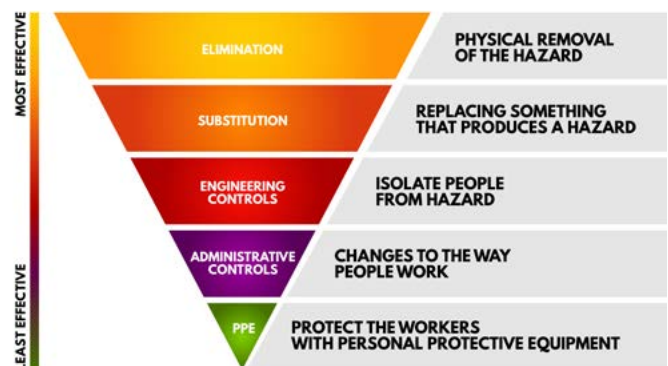
#### Substitution

- Choose maintained paths, gravel areas, or cleared work zones instead of walking through dense vegetation.
- Use designated rest areas that are well-kept rather than overgrown locations.

#### Engineering Controls

- Maintain yards, work sites, and rest areas by cutting grass and removing brush or leaf litter.
- Create clear walking paths to reduce contact with vegetation.

## HIERARCHY OF HAZARD CONTROLS



(continued)



**» RISK. PROFESSIONALLY MANAGED.**

Phone: 204-632-6600 | Email: [info@rpmsafety.ca](mailto:info@rpmsafety.ca) | Web: [www.rpmsafety.ca](http://www.rpmsafety.ca)

25 Bunting Street Winnipeg, MB R2X 2P5

### Administrative Controls

- ◆ Educate workers and drivers on where ticks are found and how to avoid exposure.
- ◆ Encourage routines such as:
  - » Performing full-body tick checks after outdoor activities.
  - » Showering or bathing as soon as possible after being outdoors.
  - » Drying clothes on high heat for at least 10 minutes.
  - » Promote awareness of tick-borne illness symptoms and early reporting.

### Personal Protective Equipment (PPE)

- ◆ Wear long sleeves, long pants, and closed footwear when in grassy or wooded areas.
- ◆ Use insect repellents as directed.

## PREVENTION

### How To Remove a Tick

Use fine-point tweezers to remove the tick promptly:

- ◆ Grasp close to the skin
- ◆ Pull straight out slowly (do not twist or squeeze)
- ◆ Clean the bite area with soap and water or sanitizer.
- ◆ Keep the tick in a sealed container if medical advice is needed.
- ◆ Contact a healthcare provider if you feel unwell or have concerns.

### Early Detection of Tick-Borne Illnesses

Symptoms (3–30 days):

- ◆ Rash (sometimes a bull’s-eye pattern)
- ◆ Fever, chills
- ◆ Headache, fatigue
- ◆ Muscle and joint aches
- ◆ Swollen lymph nodes

More severe symptoms (if untreated):

- ◆ Severe headaches
- ◆ Facial paralysis
- ◆ Joint pain
- ◆ Irregular heartbeat
- ◆ Nerve-related issues (numbness, confusion, memory problems)

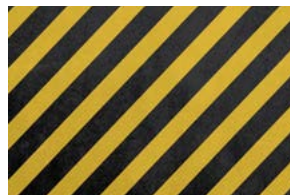
If you develop any of these symptoms seek medical attention promptly. Early detection and treatment are critical. Most tick-borne illnesses can be successfully treated if addressed promptly, but delays can lead to more serious complications.

### REGULATORY REFERENCES

There are no specific occupational health and safety rules that require employers to address insect bites. However, under the general duty clauses in the Canada Labour Code (Part II) and Manitoba’s Workplace Safety and Health Act and Regulation, employers still need to take reasonable steps to protect workers from foreseeable hazards, which can include exposure to insects.

### NEED MORE INFORMATION? RPM CAN HELP!

[Hazard Identification and Risk Control:](#)



Recognizing what could injure workers on the job is the first step to ensuring that they stay safe. A proactive approach to the mitigation of workplace hazards greatly increases the chance of less severe and lower rates of injury. This course

will provide students with the practical knowledge necessary to identify, assess and control the hazardous elements of their workplace so they can do their part in preventing dangerous incidents.

[Emergency First Aid: CPR Level C and AED:](#)



This first-aid and cardiopulmonary resuscitation (CPR) course provides the skills needed to recognize and respond to cardiovascular emergencies and choking for Adults, Children and Infants. This course, is provided by RPM Safety and is suitable for workplace requirements.



**» RISK. PROFESSIONALLY MANAGED.**

Phone: 204-632-6600 | Email: [info@rpmsafety.ca](mailto:info@rpmsafety.ca) | Web: [www.rpmsafety.ca](http://www.rpmsafety.ca)

25 Bunting Street Winnipeg, MB R2X 2P5