



WORK RIGHT REVIEW

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BE(E) PREPARED

BY WRNW



As the summer flowers bloom, so also come the bees! While these important pollinators may make delicious honey, they also pack a painful sting. These stings can even be made worse with an allergic reaction - sometimes even life-threatening - and you may not know you're allergic! Pay attention to these dos and don'ts to help keep you and your team safe!



WANT TO READ MORE? SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

DO

- **Scrape the stinger** with a badge or card to avoid more venom going into the site.
- **Wash the sting site** with warm water and soap.
- **Apply hydrocortisone cream** can relieve itching and swelling at the sting site.
- **Use ice** or a cold compress on the sting site to reduce swelling.

DON'T

- Make sudden movements. This includes swatting at other bees, jumping up and down, or running away.
- Pull out the stinger with your fingers or tweezers. This may push more venom into the site.

Warning Signs

After a bee sting, pain, swelling, and redness are common. Be on the lookout for these symptoms even if you're not known to be allergic.

- Numbness or swelling of the lips, tongue, mouth, or windpipe
- Difficulty breathing
- A weak, rapid pulse
- Skin reactions including hives and flushed or pale skin.



If you are experiencing any of these signs, call 911 immediately and have a co-worker call the supervisor or onsite medic.