



VUXLORE TICK ACADEMY

TICK AWARENESS AT WORK

PLAN • PROTECT • CHECK • REPORT

For forestry, agriculture, grounds, parks, utilities, ecology and land-based work



BEFORE WORK



Review the site and task risk assessment.



Wear long sleeves and long trousers/pants tucked into socks.



Use light-coloured workwear where practical.



Carry a tick-removal kit and know the reporting arrangements.



DURING WORK



Minimise contact with long grass and dense vegetation where the task allows.



Check exposed skin and workwear during breaks.



AFTER WORK



Check your whole body, hair, clothing, kit and working dogs.



Shower and change promptly.



Ask for help with hard-to-see areas.



FOUND A TICK?



Remove it promptly using the correct tool and its exact instructions.



Clean the area and your hands.



Follow your workplace reporting procedure.



Seek medical advice if a rash develops or you feel unwell. Mention the tick exposure.

TICK-REMOVAL KIT



POCKET



TRIO



MAX



EMPLOYERS & SUPERVISORS

Assess exposure • Brief workers • Provide practical controls • Set reporting arrangements

TICK AWARE. WORK PREPARED.

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