

## PROTECT THE SKIN YOU'RE IN

### Caring for Cuts and Scrapes

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 by 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 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 professional 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.



Workplace safety tips brought to you by the insurance specialists at  
**RJ Ahmann Company.**

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## *Ticks and Snakes and Bees...Oh, My!*

### *Avoiding Bites and Stings*

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 against these animals:

- Do not touch rodents, even if they look dead.
- Steer clear of animals in nests or dens.
- Never pick up, disturb or corner a snake – move away quickly.
- Do not pick up or disturb a spider.
- Wear the appropriate repellents for animals you may come in contact with.
- Keep your skin covered by wearing a hat, socks, long-sleeved shirts, long pants and high boots.
- Tuck your pants into your boots and be mindful of exposed skin on your neck, wrists and ankles.
- Do not wear cologne or perfume, which may attract animals.
- Control and dispose of food and garbage in your work area to avoid attracting pests.
- If you are allergic to insects, keep medication with you at all times. Alert your coworkers of your allergy so they can assist you in the event of an emergency.

## Did You Know?

Snakes lack external ear openings and have poor eyesight. Instead, they rely on vibrations and their sense of smell to locate prey.