



# SAFETY BRIEF

## POISONOUS PLANTS

The risk of coming into contact with harmful plants such as poison ivy, poison sumac or poison oak begins to rise in the summer months. The plant oil causes an allergic reaction that creates symptoms such as rashes, swelling or itching of the skin. If you work outside, you should know how to properly protect yourself from these harmful plants.

### PROTECTING YOURSELF

- Cover your skin by wearing long sleeves, long pants, gloves and boots
- Wash your exposed clothing separately with hot water and detergent
- Apply a barrier skin cream to act as a buffer
- Wear disposable gloves and wipe all tools with rubbing alcohol
- Do not burn poisonous plants because inhaling the smoke can cause respiratory problems
- Wear a respirator if you cannot avoid working near poisonous plants



### FIRST AID TREATMENTS

- Apply an over-the-counter corticosteroid cream to the area
- Apply calamine lotion regularly
- Apply a cool, wet compress to the area for 15-30 minutes several times throughout the day
- Take oral antihistamines, if necessary
- Soak the exposed area in a cool water bath with an oatmeal-based bath product



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