

List WNV hazards on site

Explain dangers

Working outdoors in summer and early autumn, you can be exposed to West Nile virus. Mosquitos transmit the virus.

The chances of getting bitten by an infected mosquito are very low. Even when infected, most people don't show any sign of illness.

About 20% of those infected develop West Nile fever. The fever causes mild, flu-like symptoms:

- fever
- headache
- body aches.

One in 150 infected people get a severe form of disease. This is West Nile encephalitis or meningitis. It affects your brain. Damage can be permanent or fatal.

Symptoms include

- headache
- high fever
- neck stiffness
- disorientation
- shakes
- convulsions
- muscle weakness
- paralysis.

Breeding grounds

Mosquitos can reproduce where water stands for more than four days. On construction sites, that means

excavations, basements, and other low-lying areas.

Mosquitos can also hatch in equipment such as tarps, buckets, barrels, and wheelbarrows holding water. Even water-filled ruts in the ground can help breed mosquitos.

Identify controls

- Empty equipment regularly.
- Discard tires, buckets, cans, and containers.
- Drill drain holes in containers that can't be thrown out.
- Clean out eavestroughs, storm gutters, and roof gutters.
- Check flat roofs for standing water.
- Fill in ruts and other depressions where water can collect.

Clothing

Cover up, especially at dawn and dusk when mosquitos are most active.

- 1) Wear long-sleeved shirts.
- 2) Wear long pants tucked into your socks.
- 3) Apply insect repellent containing DEET to your exposed skin—never under your clothing.

DEET

DEET is the most effective repellent available. The more DEET a repellent contains, the longer it will be effective.

- A product with 6.65% DEET provides about 2 hours of protection.
- 23.8% DEET provides about 5 hours of protection.

Don't use products with more than 30% DEET.

Stay on the safe side—use the lowest percentage of DEET you can get away with while still being protected.

Demonstrate as you talk

Inspect project for places were mosquitos can breed.