Department of Natural Resources

TICK PROTECTION POLICY
March 31, 2008

I. POLICY

The Minnesota Department of Natural Resources will implement protection requirements for employees working in tick environments, beginning in the 2008 field season.

II. PURPOSE

This Tick Protection Policy provides a number of methods to protect employees working in tick endemic areas. These methods specify various clothing items and other protective actions that will be used to prevent tick bite illnesses.

III. GENERAL RESPONSIBILITIES

The DNR Commissioner, Deputy Commissioner and Assistant Commissioner are responsible for department-wide endorsement and promotion of the DNR Tick Protection Policy. They will promote tick protection measures and mandate that all DNR employees working in tick environments follow the requirements of this policy.

Division Directors and Bureau Administrators are responsible for endorsement, communication, and promotion of the department’s Tick Protection Policy within their respective divisions/bureaus. They will ensure that the Tick Protection Policy for staff is implemented.

Regional Directors and Regional Managers/Supervisors are responsible for endorsement, communication, implementation, and promotion of the Tick Protection Policy within their respective regions.

The Safety Administrator or designee will monitor tick protection measures to ensure effectiveness and uniformity within the department. The Safety Administrator will provide information and guidance to staff as needed.

Supervisors and Managers will determine which employees under their supervision are required to follow the guidelines for tick protection and require the use of clothing or repellent listed in the policy. They will assure that the requirements for tick protection are being followed by employees.
Supervisors and managers will also observe and correct the absence or improper use of the personal protective equipment for tick bite protection.

**Employees** will follow the requirements of the Tick Protection Policy using the protective equipment outlined in the policy and reporting all tick bites or attached ticks to their supervisor.

**IV. POLICY REQUIREMENTS**

A. All Employees accessing by foot, during snow free periods of the year, in grassy locations in the endemic area of the state for tick presence, as identified by the MN Department of Health at the Web location below, will use at least one of the following protective equipment or protection methods.

   http://www.health.state.mn.us/divs/idepc/diseases/lyme/highrisk.pdf

   i. Saveyur Tick Gaiters
   ii. Upland Briar Pants for Ticks
   iii. BugProof Gear Undergarment
   iv. Wear light colored clothing, at least pants and tuck pants into socks and duct tape pants to socks or some similar method of physical barrier to prevent ticks from reaching skin coming from the ground up.
   v. Similar commercial product that prevents ticks from reaching your skin.
   vi. Alternative and/or in addition to clothing item is to use one of the tick repellants that contain between 23–30% DEET, Permanone that contains .5% permethrin, or Repel Lemon Eucalyptus. Follow product label directions, as some products warn: “do not apply directly on skin, or clothing touching skin”. Other alternative products may be used with active ingredients not to exceed limits listed above.
   vii. If employees are working in areas where deer ticks are known to be present, but not listed on the Department of Health map, protection methods are required as well.

B. Costs of any above-mentioned clothing item, repellant spray or tick remover is considered a personal protective equipment item and will be born by the discipline. The supervisor makes the decision as to which of their employees are affected and to require clothing or repellant.

C. Once exiting deer tick environments, employees must check themselves for ticks that may be attached to their skin within 24 hours of entry to that area.
If ticks are found attached to their skin use recommended removal methods.

MN Department of Health recommends:

- Use tick removers or tweezers to grasp the tick close to its mouth.
- Gently and S-L-O-W-L-Y pull the tick outward.
- Apply an antiseptic to the bite.
- Do not burn it off or use petroleum jelly.

D. Report all tick bites or attached ticks (deer ticks or wood ticks) as a work related injury to supervisor. Please remember, only when medical treatment (antibiotics prescribed) is given, lost time or restricted duty occurs are these reports considered an “OSHA recordable” injury/illness.

All these measures are intended to reduce the number of tick bites (attached more than 24 hours) and medical treatment illnesses occurring in the DNR. They are not intended to eliminate ticks from crawling on your clothing or skin, or having a tick bite or attachment (lasting a short period of time 1-2 hours) that can easily be removed.

V. REFERENCES

Minnesota Department of Health – Infectious Disease Epidemiology, Prevention, and Control Division
High Risk Areas for Tick-borne Diseases in Minnesota
Purchasing information for Tick clothing

**Saveyur Tick Gators** = [http://www.buckwing.com/archery.html](http://www.buckwing.com/archery.html)

Keeping ticks, dirt, debris and snow out of your boots not only prolongs your outing, but your comfort level as well. BuckWing's® Gators do just that, and can be put on in seconds. Made of heavy-duty stretch material, they'll provide long-lasting comfort and keeps bootlaces from being untied by brush.

Part # BW 53, Cost $12.78

“**Upland Briar Pants with tick cuff**” Pants = [http://www.llbean.com](http://www.llbean.com)
search for  Part # TA48772, Cost $69.00

Compare these pants to any others on the market today – you won't find tougher, higher quality briar pants anywhere at this price. Our customers asked for a tougher fabric, and we delivered: our new, improved 500-denier nylon fabric makes these pants more resistant than ever to briars and thorns. Combined with our proven 1,000-denier polyurethane-coated chap fabric, they're virtually impenetrable – to wind, water and briars.

We've also taken care of the little details, like a double-layer seat, reinforced stress points, shirt-grip waistband, two back button closure pockets and suspender buttons – features you won't find in comparable briar pants. Lycra® elastane Tick Cuff. Imported. Machine wash, line dry.
Lightweight moisture-wicking clothing to protect you from ticks, chiggers and other biting insects.

In warm to mild temperatures where bug protection is essential, turn to BugProof Gear. This ultimate in bug-proof protection combines Medalist's signature MicroSkin™ design with exclusive SKINETICS® moisture transport technology. MicroSkin compression stretch minimizes muscle fatigue--helps even the longest days out in the field seem like less work. Protects you from a wide range of insects; repels biting without chemicals. Pill-proof durability and durable FlatSeam™ construction.

Medalist BugProof gear, Shirt Part # 133424, S/M/L/XL/XXL, Cost $33.40

Pants Part # 133425, S/M/L/XL/XXL, Cost $33.40