

Safety Meeting
Poison Ivy/Poison Oak



Company: _____ Presenter: _____ Date: _____

Poison ivy, poison oak and poison sumac are the most common plants that cause a skin rash. A sap that comes from these plants causes the rash. The name of this sap, urushiol, causes an allergic reaction. It is not really a poison. Not everyone reacts to urushiol. If you are allergic to it, though, you can get a skin rash when you:

- Touch poison ivy, poison oak or poison sumac.
- Touch clothing or shoes that have the sap on them.
- Touch pets that have the sap on them.
- Come in contact with the smoke of these burning plants.
- The skin rash comes a day or two after contact with the poisonous plant. Things to look for are:
 - Itching
 - Redness
 - Burning feeling
 - Swelling
 - Blisters

Prevention

Know what these plants look like and avoid them. Poison ivy and poison oak both have three leaflets per stem. This is why you may have heard this saying, "Leaflets three, let them be." Poison sumac. Poison sumac has a row of six to ten leaflets. One leaflet is at the end of the stem. The others are in two rows opposite to each other.

If you know you have come in contact with one of the plants, do the things below within 6 hours. You may prevent an allergic reaction if you do.

- Remove all clothes and shoes that have touched the plant.
- Wash your skin with soap and water.
- Apply rubbing alcohol with cotton balls to the parts of the skin that are affected.
- Rinse with water.

Self-Care/First Aid

* Make sure you wash all clothes and shoes with hot water and a strong soap. Also, bathe pets who have come in contact with poison ivy, oak or sumac. The sap can stay on pets for many days.

- Keep your hands away from your eyes, mouth and face.

- Do not scratch or rub the rash.
- Apply any of these to the skin rash:
 - Calamine (not Caladryl) lotion
 - Zinc oxide ointment
 - Paste made with baking soda - mix 3 teaspoons of baking soda with 1 teaspoon of water
 - Take a bath with lukewarm water and an over-the-counter product called Aveeno colloidal oatmeal
 - Take an over-the-counter antihistamine such as Benadryl, as stated on the label

If self-care/first aid measures don't bring relief, **call your doctor**.

Employee Signatures

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____