Spiders Meeting Kit



VENOMOUS SPIDERS

Venomous spiders found in the United States include the black widow and the brown recluse. These spiders can be dangerous to outdoor workers. These spiders occasionally find their way inside structures or buildings and can also present a risk to indoor workers including machine operators, janitors, and cashiers (Bureau of Labor Statistics Monthly Review – Insects bites, stings cause thousands of workplace injuries external icon). Spiders are usually not aggressive and most bites occur because a spider is trapped or unintentionally contacted. It is important for employers to educate their workers about their risk of exposure to venomous spiders.

SPIDER BITE SYMPTOMS

It may take 30 minutes to 2 hours or longer before you feel any effects from a spider bite, so if you know you've been bitten, pay attention to symptoms. Less serious spider bites may cause the following symptoms:

- a pair of tiny puncture wounds
- nodules, lumps, or swelling
- red welts, rash, or redness
- blisters
- pain, itching, or numbness

Natural remedies

If OTC creams and ointments don't do the trick, or you want to help speed your healing, there are some natural home remedies for spider bites that may work.

Aloe Vera gel can soothe skin and help it heal faster. Essential oils may help with both pain and healing when diffused, inhaled, or applied to the skin with a carrier oil.

Lavender oil may help to reduce pain, according to a 2015 study.

Rose oil may help to reduce pain, according to a 2017 literature review Trusted Source.

Bergamot works against nerve pain in mice, according to a 2018 study Trusted Source.

Chamomile can help to reduce skin inflammation and irritation, according to a 2010 literature review Trusted Source.

WHEN TO SEE A DOCTOR

If you're bitten by a spider whose venom you suspect is toxic to people, it's important that you see a doctor as soon as you can. Although many people get spider bites without developing severe reactions, if a complication does arise, it can be serious.

Even if you have a milder bite from a nonvenomous spider, it's important to see a doctor if you experience an allergic reaction, especially if you have trouble breathing or swallowing, or experience heart palpitations.

Also seek medical attention if any of your symptoms seem extreme, if your symptoms are getting worse instead of better, or if the spider bite has become infected.

FINAL TIPS TO AVOID SPIDERS

11 tips for avoiding spiders

- Maintain a clutter-free environment.
- Avoid stacking wood and separate it carefully if you do.
- Wear long sleeves, long pants, and covered shoes in areas where spiders can hide.
- Make a habit of wearing shoes or slippers.
- Shake out clothing, blankets, and shoes before you use them.
- Check crevices, boxes, and containers before sticking your hand in them.
- Use tightly sealed plastic bags to store tools and other items.
- Be cautious and aware around stone walls.
- Seal entries in walls and the floor.
- Use insecticides or peppermint oil around nooks and crannies.
- Spray peppermint oil in a carrier oil in shoes, on clothes, and across bedding.

Takeaway

Spiders usually prey on insects, not humans. However, they'll bite if they feel threatened, even if you don't realize that you've done anything to scare them.

Before you try to treat spider bites yourself, it's important to know whether you were bitten by a venomous spider, as well as the risks.

If the bite is mild, there are many OTC and natural treatments that may be beneficial. If you were bitten by a more dangerous spider, or you're unsure what bit you, call a doctor to make sure you get care.

FINAL WORD

Inspecting work areas, wearing clothing that covers all skin, and wearing gloves are simple steps to take when working in places where these spiders live. Never

hesitate to get proper medical attention if you think you have been bit by one of these spiders. It is always important to report any insect bites to a supervisor that occur at work in case they become worse once you leave work for the day.