



## Poison Ivy

Banish the rash.

Poison ivy, poison oak and poison sumac have poisonous sap (urushiol) in their roots, stems, leaves and fruits. It can get on your skin by direct contact with the plant or by contact with contaminated objects, such as clothing, shoes, tools and animals. About 85 percent of people will develop an allergy if exposed to poison ivy, oak or sumac. Forestry workers and firefighters who battle forest fires have developed rashes or lung irritations from inhaling the smoke of burning plants.

Wear long-sleeved shirts and long pants tucked into boots. Wear cloth or leather gloves. Apply barrier creams to exposed skin. Know how to identify poison ivy, oak and sumac plants, and the symptoms of contact. Keep rubbing alcohol accessible. It removes the oily resin up to 30 minutes after exposure.

And that's smart safety!

For additional information or guidance, contact your safety office.