TICK AWARENESS FIELD CARD

For Canadian Outdoor Crews

HSE Advisor Canada
hseadvisor.ca

IDENTIFY THE TICK

Black-legged tick (E & C Canada)
Dark brown/black · sesame seed size
Nymph = poppy seed — hard to see

LYME · ANAPLASMOSIS · POWASSAN

Western black-legged tick (BC)
Similar size · coastal & southern interior BC

LYME · ANAPLASMOSIS

American dog tick (South-central and south-eastern Canada)
Larger · brown with white markings

REMOVE SAFELY

1. Fine-tipped tweezers — as close to skin as possible
2. Steady upward pressure — **no twisting**
3. Wash site with soap & water
4. Apply antiseptic
5. Save tick in a sealed bag or pill bottle. Identify it: **etick.ca**
6. Log: date, time & location on body

24-HOUR RULE (LYME)
In most cases an infected black-legged tick must be attached 24+ hrs to pass on Lyme bacteria · Anaplasmosis: usually requires ≥24 hrs attached · Powassan: 15 min

WATCH 3–30 DAYS POST-BITE
Bullseye/expanding rash · fever · fatigue · joint pain → **See a doctor — mention tick**

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Want help applying this?

Our consultants (CRSP Certified · COR & ISO 45001 Lead Auditors) can adapt this to your workplace or review your safety program with you.

(647) 620-5278 · info@hseadvisor.ca · hseadvisor.ca/contact

Tick Awareness Field Card · Version 1.2 · Reviewed October 2026 · HSE Advisor Canada. Free to use and adapt. General guidance, not legal advice.

Scan to contact us