

# Bites & Stings Reaction Safety



Participating in adventure sports comes with unique risks — including bites and stings from insects and animals. Whether you're a business operator or participant, knowing how to react is key to ensuring your safety.

## Key Action Items

When a bite or sting occurs, follow these steps:

1. Inform your guide of the bite or sting
2. Remove the stinger or teeth from the wound
3. Clean the affected area
4. Apply ice to aid with mild swelling
5. Consider taking medication to reduce pain

## When to Escalate

If you experience any of the following, **call 911 immediately**:

- Rapid heart rate
- Difficulty breathing
- Vomiting or nausea

## Adventure More, *Worry Less.*

At CBIZ, we deliver tailored insurance solutions designed specifically for adventure sports. With deep industry knowledge, competitive pricing, and dedicated support, we ensure comprehensive coverage for every aspect of your business.

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