

Road construction and landscaping crews may encounter plants that can cause **severe skin irritation, rashes, blistering, or other reactions**. Knowing what these plants look like—and avoiding contact—is the best protection.

**When working around vegetation: STOP • LOOK • AVOID**

- Know what you're working around before clearing or disturbing vegetation.
- Wear appropriate gloves, long pants and long sleeves when working in heavy vegetation.

These plants contain oils that can cause an itchy rash and blisters. The **oils can also be transferred** from clothing, gloves, tools, and equipment. If you contact a poisonous plant:

- Wash exposed skin with soap and water as soon as possible.
- Remove contaminated clothing and wash it separately.
- Clean tools, gloves, and equipment that may have plant oils on them.
- Avoid scratching the affected area.
- Seek medical attention if the reaction is severe, covers a large area, involves the eyes or face, or causes significant swelling or breathing difficulty.

**Plants to Watch Out For:**

|                                                                                    |                                       |                                                                                                                                                               |
|------------------------------------------------------------------------------------|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | <b>POISON<br/>IVY</b>                 | Grows as a vine, groundcover, or small shrub. Often found along roadsides, wooded areas, thickets, and disturbed areas.                                       |
|                                                                                    |                                       | Leaves of three and may be green, reddish, yellow, orange, or red depending on the season.                                                                    |
|                                                                                    |                                       | Contact with the plant's oil can cause an itchy rash and blistering.                                                                                          |
|  | <b>POISON<br/>OAK</b>                 | Grows as a shrub or vine, depending on the region.                                                                                                            |
|                                                                                    |                                       | Leaves of three and may resemble oak leaves. Leaves can be green, yellow, orange, or red depending on the season.                                             |
|                                                                                    |                                       | Contact with the plant's oil can cause an itchy rash, redness, and blistering.                                                                                |
|  | <b>POISON<br/>SUMAC</b>               | Grows as a woody shrub or small tree, sometimes up to 20 feet tall. Typically found in very wet areas, swamps, and other flooded or poorly drained locations. |
|                                                                                    |                                       | Leaves have 7–13 smooth-edged leaflets arranged along a central stem.                                                                                         |
|                                                                                    |                                       | Contact with the plant's oil can cause severe itching, rash, and blistering.                                                                                  |
|  | <b>GIANT<br/>HOGWEED</b>              | A very large plant that can reach 8–14 feet tall. May be found along roadsides, ditches, streams, fields, and wooded areas.                                   |
|                                                                                    |                                       | Has large, deeply lobed leaves and large clusters of white flowers. Stems are thick, hollow, hairy, and may have purple blotches.                             |
|                                                                                    |                                       | Its sap can cause severe skin reactions and blistering when exposed to sunlight.                                                                              |
|  | <b>COW &amp;<br/>WILD<br/>PARSNIP</b> | Depending on the variety 2–10 ft tall. Often found along roadsides, streams, forest edges, fields, pastures and open areas.                                   |
|                                                                                    |                                       | Has large, rough, hairy leaves and a thick, hollow, grooved stem.                                                                                             |
|                                                                                    |                                       | Produces clusters of white, cream, or yellow flowers.                                                                                                         |
|                                                                                    |                                       | Sap can cause skin irritation and severe blistering when exposed to sunlight.                                                                                 |
|  | <b>STINGING<br/>NETTLE</b>            | Upright plant with opposite, heart-shaped leaves. Found near woods, streams, and damp areas.                                                                  |
|                                                                                    |                                       | Stems and leaves are covered with tiny stinging hairs.                                                                                                        |
|                                                                                    |                                       | Contact can cause an immediate burning, stinging, and itching sensation.                                                                                      |



**Toolbox Talk Attendance Form**

Supervisor / Project Manager: \_\_\_\_\_ Date: \_\_\_\_\_

| PRINT NAME | SIGNATURE |
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