

IN CASE OF WORKPLACE INJURY:

ACCION a seguir en caso de un accidente en el trabajo



1-877-854-6877

▶ AVAILABLE 24 HOURS A DAY

- 1▶ Injured worker notifies supervisor.**
Empleado lesionado notifica a su supervisor.
- 2▶ Supervisor / Injured worker immediately calls injury hotline.**
Supervisor / Empleado lesionado llama inmediatamente a la línea de enfermeros/as.
- 3▶ Company Nurse gathers information over the phone and helps injured worker access appropriate medical treatment.**
Profesional Médico obtiene información por teléfono y asiste al empleado lesionado en localizar el tratamiento médico adecuado.

EMPLOYER NAME
(NOMBRE DE COMPANIA)

SEARCH CODE
(CÓDIGO DEL BÚSQUEDA)

City of Fort Smith

COFS

Notice to Employer/Supervisor:

Please post copies of this poster in multiple locations within your worksite. If the injury is non-life threatening, please call Company Nurse prior to seeking treatment. Minor injuries should be reported prior to leaving the job site when possible.

Visit us online: www.CompanyNurse.com

IN CASE OF INJURY, CALL:
EN CASO DE UN ACCIDENTE LLAMAR A:

1-877-854-6877

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Snake!!!

By Neil Foreman, League staff

Spring brings warmer weather, an increase in outdoor activities, and threats like stinging insects and snakes, some of which are venomous. Let's talk snakes.

In 2011 city employees reported no less than three snakebite incidents while performing their job duties. Two of the incidents became serious with the employees recovering. These incidents were reported by water department meter readers and sanitation department collectors. City employees most at risk to being exposed to these reptiles include public works, parks department, golf course maintenance, water/wastewater and police/fire department employees.

What are they and what do they look like?

Due to limited space, I've chosen to focus on three of the better-known venomous snakes in Arkansas. Others are certainly native to our state and could be encountered. The Arkansas Game and Fish Commission offers excellent information on the topic at their website, www.agfc.com.

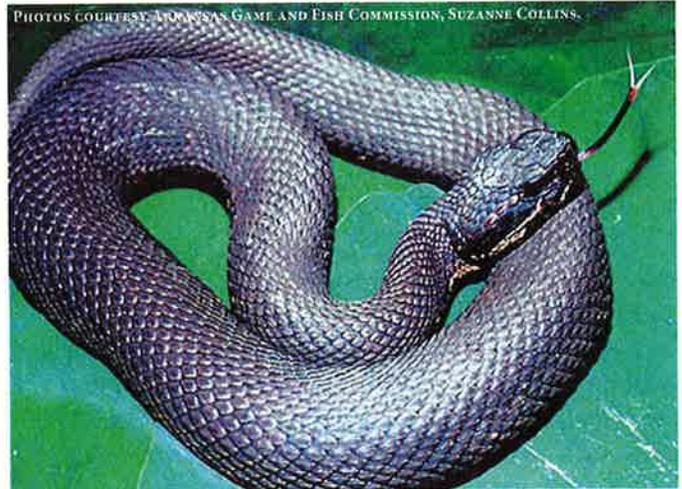


Copperhead (*Agkistrodon contortrix*)

Description—Pit viper, keeled scales. Gray, tan or light brown, with 7-20 dark brown, light-edged, hour-glass shaped cross bands. Head can be gray, brown or reddish. Belly is cream-colored with dark gray, brown or black blotches. Young resemble adults, except tail tip is bright yellow or greenish yellow. Adults are 24-36 inches in length.

Range—Statewide.

Habits and habitat—Occurs in mixed pine-hardwood forests, bottomland hardwood forests, and rocky or brushy fields and hillsides. Active April-November; prowls at night during hot weather. Two to 14 young born August-September. Primarily eats rodents. Also eats frogs, lizards, small snakes and cicadas. Young copperheads and cottonmouths use yellow tail tip as a lure to attract prey.



Cottonmouth (*Agkistrodon piscivorus*)

Description—Pit viper, keeled scales. Heavy-bodied, dark olive-brown to black. Indistinct dark cross bands, except when animal is wet. White upper lip, black stripe from snout onto neck. Belly mottled with black, brown and cream-colored blotches. Young are brightly banded like copperhead, turning darker with age; tail tip yellow or greenish yellow. Adults average 24-36 inches in length.

Range—Statewide. Uncommon in upland streams of Ozark Highlands and Ouachita mountains.

Habits and habitat—Occurs in variety of wetland habitats: swamps, oxbow lakes, sloughs, drainage ditches and streams. Active April-November. Active at night in hot weather. Two to 15 young born August-September. Eats fish, amphibians, lizards, snakes, birds and rodents. Opens mouth—exposing white lining—when threatened.



Timber Rattlesnake (*Crotalus horridus*)

Description—Pit viper, keeled scales. Head and body can be gray, yellow, grayish or yellowish brown, with 15-34 V-shaped black bands on the body, rusty or reddish stripe down center of back. Tail jet black; origin



of the name “velvet-tail rattler.” Young are patterned like adults. Adults average 36-60 inches in length.

Range—Statewide.

Habits and habitat—Occurs in hardwood, mixed pine hardwood, bottomland hardwood forests and rocky or brushy fields and hillsides. Active April-October. Prowls at night during hot weather. Breeds in fall or early spring, and 3-16 young are born August-October. Eats shrews, gophers, rodents, rabbits, chipmunks, squirrels and birds. Researchers have observed radio-tagged medium-sized adults in trees, presumably in search of prey.

Let's avoid these critters

First, avoid handling any type of snake. Some venomous snakes closely resemble their non-venomous cousins.

One incident last year occurred while reaching into a meter box to clean out leaves and debris. A hand tool such as a small rake could be used to avoid reaching into the space. Also, consider puncture-resistant gloves for this task.

Brush pile cleanup presents another hazard. Pull brush apart with rakes rather than reaching into a pile with a hand. Mechanized pickup would also minimize the exposure.

Shrubs around buildings present another exposure risk when trimming or clean up work is being performed. Trim shrubs up so that the ground below can be observed.

Keep grass and fields around buildings mowed routinely to eliminate cover. Mowed areas also allow predators to spot snakes.

Since bites are often to the hands and legs, gloves and/or leggings should be worn when appropriate.

Just got bit. Now what?

Do you and your work crews know where your local emergency room is located? Immediate medical attention is required.

Symptoms

Signs or symptoms associated with a snake bite may vary depending on the type of snake, but may include:

- A pair of puncture marks at the wound.
- Redness and swelling around the bite.

- Severe pain at the site of the bite.
- Nausea and vomiting.
- Labored breathing (in extreme cases, breathing may stop altogether).
- Disturbed vision.
- Increased salivation and sweating.
- Numbness or tingling around your face and/or limbs.

First aid

Workers should take the following steps if bitten by a snake:

- Seek medical attention as soon as possible (dial 9-11 or call local emergency medical services).
- Try to remember the color and shape of the snake, which can help with treatment of the snake bite.
- Keep still and calm. This can slow down the spread of venom.
- Inform your supervisor.
- Apply first aid if you cannot get to the hospital right away.
- Lay or sit down with the bite below the level of the heart.
- Wash the bite with soap and water.
- Cover the bite with a clean, dry dressing.

Do NOT do any of the following:

- Do not pick up the snake or try to trap it.
- Do not wait for symptoms to appear; if bitten seek immediate medical attention.
- Do not apply a tourniquet.
- Do not slash the wound with a knife.
- Do not suck out the venom.
- Do not apply ice or immerse the wound in water.
- Do not drink alcohol as a painkiller.
- Do not drink caffeinated beverages.

Sources: Arkansas Game and Fish Commission, Centers for Disease Control and Prevention.



Neil Foreman is the League's Loss Control specialist. Contact Neil at 501-374-3484 Ext. 122, or email nforeman@arml.org.

Poison ivy, oak, and sumac dermatitis

Nancy P Lee
Edgar R Arriola
Drug Information
Center
Department of
Pharmaceutical Services
UCLA Medical Center
Los Angeles, CA 90095

Correspondence to:
Dr Arriola
E:arriola@mednet.ucla.edu

The main causes of allergic contact dermatitis in the United States include four commonly encountered species of the Anacardiaceae family: poison ivy (*Toxicodendron radicans*) (Figure 1) western poison oak (*Toxicodendron diversilobum*), eastern poison oak (*Toxicodendron quercifolium*) (Figure 2), and poison sumac (*Toxicodendron vernix*) (Figure 3). The chief allergenic component, urushiol, is found within the oleoresinous sap of these plants. Urushiol, composed of mixed catechols, is widely distributed throughout the plant, including the leaves, stems, and roots.

Approximately 50% to 70% of the population are sensitized to the toxic effects of these plants.¹ Allergic contact dermatitis primarily results from direct contact with the oleoresin from a portion of a bruised or injured plant. Indirect contact via clothing, shoes, tools, pets, and even smoke from burning plant contaminated with the oleoresin may also elicit a similar reaction.

PRESENTATION

An allergic contact dermatitis develops usually within 24 to 48 hours of exposure in previously sensitized individuals. The dermatitis is characterized by intense pruritis and redness, followed by appearance of papules, vesicles, and bullae in severe cases.³ These lesions often erupt in multiple, streak-like arrangements suggestive of toxicodendron plant contact. (It should be noted that the fluid contained in these lesions is devoid of antigenic potential.) Dermatitis affecting the face, neck, and genitalia may be accompanied by severe edema.²

The course of the dermatitis is usually self-limiting, lasting approximately 1 to 2 weeks. Although most cases resolve without significant sequelae, complications such as secondary bacterial infections, and rarely, erythema multiforme and urticaria may ensue.^{2,4}



Figure 1 Poison ivy

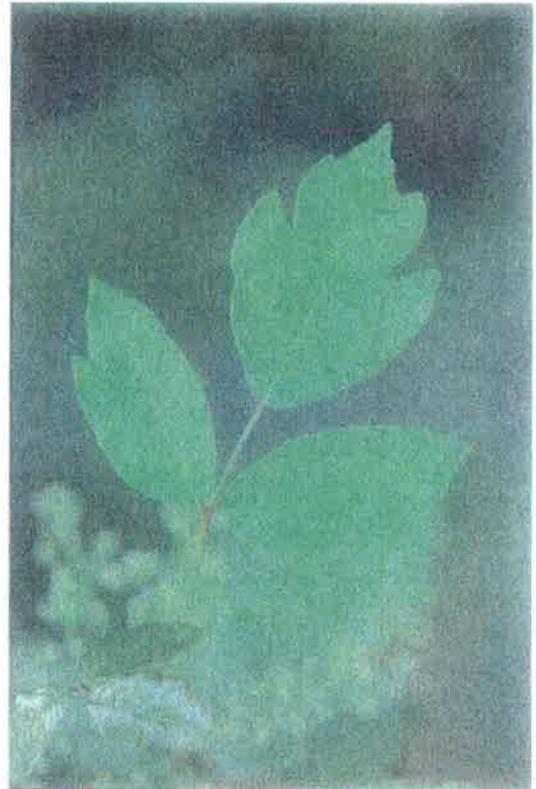


Figure 2 Poison oak

PREVENTION

People who work outdoors or routinely engage in outdoor activities, should take preventive measures such as learning to recognize plants, avoid them and wear protective clothing. Measures to induce tolerance, such as oral or parental hyposensitization procedures, remain controversial and are not generally recommended.

Many topical barrier preparations have been investigated as prophylaxis against dermatitis induced by toxicodendron plants. In clinical trials, they have been variably successful in preventing or ameliorating dermatitis that has been produced experimentally.⁵ More recently, an organoclay preparation (5% quaternium-18 bentonite) has shown greater efficacy in preventing or limiting reaction to urushiol in susceptible people.^{6,7} This lotion (commercially available as Ivy Block®) is applied to the skin at least 15 minutes before anticipated exposure. A visible, clay-like coating appears on the skin indicating areas of protection. The manufacturer recommends repeat application at least every 4 hours for continual protection.



Figure 3 Poison sumac

AFTER CONTACT

Once contact has occurred with the oleoresin, the antigen penetrates the skin rapidly. The oleoresin must be completely removed from the skin within 10 minutes of contact to prevent dermatitis.¹ The affected area should be washed thoroughly with mild soap and water to remove any remaining oleoresin that may be transferred to other areas of the body. Contaminated clothing and gear should also be removed as soon as possible as the antigen remains active on surfaces for a long period of time.

MANAGEMENT

The management of dermatitis induced by toxicodendron depends on the severity and extent of involvement. For patients with mild or moderate, localized presentation, topical measures will usually suffice. Cool compresses using water or diluted aluminum acetate solution (for example, Burow's solution) may alleviate itching and promote drying of lesions. Calamine lotion will similarly impart cool, drying effects. Topical antihistamines and anesthetics are common sensitizers and should be avoided.^{8,9}

Topical corticosteroids, when prescribed, are best applied early in the course of the dermatitis to decrease erythema and pruritis. A high-potency preparation may be

prescribed for a localized rash whereas a medium-potency preparation should be selected for dermatitis affecting larger areas. The use of occlusive ointments should be avoided on weeping lesions.

In patients with refractory dermatitis or dermatitis associated with extensive involvement or pronounced edema, a course of systemic corticosteroids is indicated. A typical regimen consists of prednisone administered daily orally (1 mg/kg initially) and tapered slowly over 2 to 3 weeks.^{2,9} Treatment of shorter duration, using for example prepackaged methylprednisolone dose packs may result in severe rebound exacerbations shortly after discontinuation.^{8,10}

In addition to systemic corticosteroids, patients with widespread dermatitis may find symptomatic relief with frequent baths and baths containing colloidal oatmeal (for example, Aveeno®). Oral antihistamines such as diphenhydramine or hydroxyzine may also be considered as adjuvants for their antipruritic, but mostly, sedative effects.

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Just the Facts...

Atlantic Poison Oak



Range. Atlantic poison oak occurs in all the coastal states from New Jersey south to Florida, west to Texas, as well as Arkansas, Illinois, Kansas, Missouri, Oklahoma, Tennessee, and West Virginia (shaded states).

Atlantic poison oak grows as a shrub, and is found in all the coastal states from New Jersey south to Florida, west to Texas, as well as Arkansas, Illinois, Kansas, Missouri, Oklahoma, Tennessee, and West Virginia. It thrives in sandy soil conditions, and is commonly encountered in forests, thickets, and open fields. Plants are poisonous at all times of the year and at all stages of growth. All parts of the plant, except the pollen, contain urushiol, a toxin that causes irritation and blistering of the skin. To cause injury, urushiol must contact the skin, either directly by touching the plant, or indirectly by touching things that have touched the plant such as clothing, tools, animals, or firewood. Although some skin-applied products are marketed that claim to protect against or reduce the severity of dermatitis, the best prevention is to learn to recognize Atlantic poison oak and always avoid it.

Q. What does Atlantic poison oak look like?

A. Atlantic poison oak (*Toxicodendron pubescens* P. Mill.), also known as "oakleaf ivy" or "oakleaf poison ivy", is a woody, perennial plant that occurs as a low-growing shrub (average height, 2-4 feet, maximum, 10 feet). It does not climb as a vine. Stems generally grow upright.

Leaflets occur in threes, and are variable in size and shape. The middle leaflet usually is lobed alike on both margins and resembles a small oak leaf, while the two lateral leaflets are often irregularly lobed. Each leaflet is about 6 inches long, shiny above, velvety beneath. Leaves are generally bright green in the spring (or bronze when first unfolding), yellow-green to reddish in the summer, and bright red or pink in the fall. Small yellow-white flowers develop into greenish white or tan colored berries, arranged in slender, axillary (where leaf stems meet the branches) clusters. Plants are reproduced from seeds in the fruit, and sprouts from creeping rootstocks.



Habitat and Growth Habits. Atlantic poison-oak grows as a shrub usually 2 to 4 feet in height (right). Plants can be encountered in forests, thickets, and dry, sandy fields. It is one of the first shrubs to recolonize areas after wildfires (left).

Q. Where am I likely to encounter Atlantic poison oak?

A. Atlantic poison oak occurs in all the coastal states from New Jersey south to Florida, west to Texas, as well as Arkansas, Illinois, Kansas, Missouri, Oklahoma, Tennessee, and West Virginia. Plants are most commonly found growing on sandy soils in woods, thickets, and areas disturbed by lumbering, fire, or cultivation.



Recognizing Atlantic Poison Oak. Leaves of Atlantic poison oak are compound, consisting of 3 leaflets, each about 6 inches long, shiny above, velvety beneath (left, top). The leaflets are lobed, and resemble leaves of a white oak seedling. Leaves are generally bright green in the spring, and yellow-green to reddish in the summer (right). Flowers are arranged in clusters on small branches, and these develop into greenish-white or tan berries (left, bottom).

Q. Why is it important not to come in contact with Atlantic poison oak?

A. All parts of Atlantic poison oak plants, except the pollen, contain a toxic, oily substance, called urushiol (pronounced "you-ROO-shee-ol"). It is present in the plant throughout the year. Urushiol causes irritation and blistering of the skin. To cause dermatitis, the oil must contact the skin, either directly by touching the plant, or indirectly by touching things that have touched the plant such as gloves or other clothing, tools, animals, water, or firewood. The dermatitis is apparently an anaphylactic reaction; that is, it occurs only after sensitization by previous exposure. Individual sensitivity can vary from extreme susceptibility to near immunity. Dermatitis usually appears within 12 to 24 hours, but may appear in as little to 3 or 4 hours or be delayed for several days.

Just the Facts...

Eastern Poison Ivy



Range. Eastern poison ivy occurs in all states east the Mississippi River and its range extends westward to states in the southern Cascade Mountain, Great Basin, and Mojave Desert regions.

Eastern poison ivy is commonly found growing along roadside thickets, stone walls, fences, railroads, clearcuts, and orchards, and thrives in both rural and urban areas throughout the eastern United States. Plants are poisonous at all times of the year and at all stages of growth. All parts of the plant, except the pollen, contain urushiol, a toxin that causes irritation and blistering of the skin. To cause injury, urushiol must contact the skin, either directly by touching the plant, or indirectly by touching things that have touched the plant such as clothing, tools, animals, or firewood. Although some skin-applied products are marketed that claim to protect against or reduce the severity of dermatitis, the best prevention is to learn to recognize eastern poison ivy and always avoid it.

Q. What does eastern poison ivy look like?

A. Eastern poison ivy (*Toxicodendron radicans* (L.) Kuntze) is a woody, perennial plant that often grows as a



“Leaves of Three, Let Them Be”. This maxim is a good rule of thumb to follow for eastern poison ivy identification and avoiding contact with the plant. Poison ivy is readily identified by the leaves, which grow in groups of three on a common stem (left). Each leaf is made up of three leaflets, often notched at the edges. Young leaves are shiny red, turning to shiny green (top, right). Small greenish flowers grow in bunches attached to the main stem (bottom, right).

vine. The leaves are arranged in groups of three leaflets, and are usually 2" to 8" long, 1" to 5" wide, and arranged alternately along the stem. The leaflets are ovate to elliptic in outline, and the edges can be lobed, smooth or toothed. The upper side of a leaflet is usually fairly smooth, and may be either a dull or glossy green in color. The lower surface is light green and slightly hairy. When leaflets first appear in the spring, they are shiny, reddish-green in color. In the fall, leaves turn various shades of red, orange, and yellow before turning brown. Flowers are clustered and small, and are yellowish in color. The fruit is small and round, and ranges in color from yellowish-green to whitish-gray. Plants are reproduced from seeds in the fruit (often eaten and dispersed by birds), and underground rhizomes (roots).



Growth Habits – Eastern poison ivy can grow as a low ground cover (bottom, right), a small shrub up to 6 feet in height (bottom, left), or a high-climbing woody vine up to 150 feet in length (top, right). Using aerial roots, poison ivy vines climb straight up a tree without winding around the trunk (top, left).

Q. Where and how does eastern poison ivy grow?

A. Eastern poison ivy occurs in all states east the Mississippi River, and its range extends westward to states in the southern Cascade Mountain, Great Basin, and Mojave Desert regions. Where it grows and how it looks can vary. It can be encountered in a wide variety of habitats, from moist and shady to open and dry. Eastern poison ivy can grow as a self-supporting woody shrub, as a thin, trailing vine running along the ground, or as an aerial-rooted vine, growing on shrubs, trees, power poles, and fences. Aerial vines can be several inches in diameter, grow as high as 30-feet, and often have a wooly or fuzzy, rope-like appearance.

Q. Why is it important not to come in contact with eastern poison ivy?

A. All parts of eastern poison ivy plants, except the pollen, contain a toxic, oily substance, called urushiol (pronounced "you-ROO-shee-ol"). It is present in the plant throughout the year. Urushiol causes irritation and blistering of the skin. To cause dermatitis, the oil must contact the skin, either directly by touching the plant, or indirectly by touching things that have touched the plant such as gloves or other clothing, tools, animals, water, or firewood. The dermatitis is apparently an anaphylactic reaction; that is, it occurs only after sensitization by previous exposure. Individual sensitivity can vary from extreme susceptibility to near immunity. Many people are immune when young, but suddenly or gradually become sensitive with age, possibly due to sensitization through repeated exposure. Symptoms from exposure usually appear within 12 to 24 hours, but may appear in as little to 3 or 4 hours or be delayed for several days.

Q. What can I do if I suspect that my skin or clothes have been exposed to urushiol?

A. After contact with urushiol, it usually takes a little while for it to penetrate the skin. Washing thoroughly within 5-10 minutes after contact can significantly reduce the likelihood/severity of dermatitis. Wash the exposed skin with soap and cold water, followed with rubbing alcohol or a solution of water and alcohol in equal proportions to dissolve the unabsorbed urushiol. Rinse thoroughly, since this solution only flushes away the poison, and does not inactivate it. Urushiol can remain active on contaminated clothing, bedding, tools, and other surfaces for years. Ordinary hot temperature laundering will usually get rid of urushiol on fabrics. Thoroughly rinse with water any contaminated tools or equipment.



Contact Dermatitis. Symptoms such as skin itching, swelling, inflammation, and the formation of blisters usually appear within 12 to 24 hours after contact with the sap of Atlantic poison oak.

Q. How can I protect myself against the dermatitis caused by Atlantic poison oak?

A. The best prevention is recognition of Atlantic poison oak plants and appropriate avoidance. Barrier creams containing 5% bentoquatam are the only FDA-approved, skin-applied products that have been proven to protect against or reduce the severity of the rash caused by Atlantic poison oak, when applied at least 15 minutes prior to exposure.

Q. What are some of the common myths associated with Atlantic poison oak?

FICTION	FACT
You can become immune to the effects of Atlantic poison oak by eating the leaves.	Immunity not conferred by eating any plant part; ingestion can cause serious gastric disturbance.
The rash from Atlantic poison oak is contagious; breaking the blisters will spread the rash.	Blisters contain only body fluids; they cannot spread the rash on the skin or to other people.
You can develop a rash from Atlantic poison oak simply by being near the plants.	Rash results only if urushiol touches skin; airborne contact is possible if burning/mowing plants.
It is safe to handle dead plants or dormant plants during the wintertime.	Plants are poisonous year-round; urushiol stays active on surfaces and in dead plants for 2 years.
If you don't develop a rash after touching Atlantic poison oak once, then you must be immune.	First exposure seldom produces rash; sensitivity can change with age and repeated exposure.

Q. How can I eliminate Atlantic poison oak from my property?

A. The presence of Atlantic poison oak should not be tolerated around child day care facilities or schools, and can be a significant nuisance when present in the landscaping outside dwellings and workplaces. Consult with Preventive Medicine Activity personnel at your supporting clinic to identify suspect plants found around a building. Seek the assistance of the Installation Pest Control Office before applying herbicides for Atlantic poison oak control.

Nonchemical Approaches. Young shoots can be repeatedly mowed/cut until the energy stored in the roots is exhausted and the plants die. Roots can be dug up and pulled out of the soil. All the roots must be removed to achieve eradication. Dispose of plant parts where they cannot contaminate people or animals. Never try to destroy Atlantic poison oak with fire. When an Atlantic poison oak plant is burned, urushiol goes into the air on the dust and soot in smoke, and this can result in an allergic reaction in the eyes and respiratory tract or on the skin.

Chemical Approaches. Herbicide products that contain the active ingredient glyphosate or triclopyr are two of the most effective tools for Atlantic poison oak elimination around a property. Sprays must contact the leaves to be effective. However, care must be exercised when using these herbicides, since most shrubs, broadleaf ground covers, or herbaceous garden plants which are contacted by the sprays will be killed. Herbicides may not provide 100% control from a single application, and repeat applications to treat regrowth may be necessary.

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