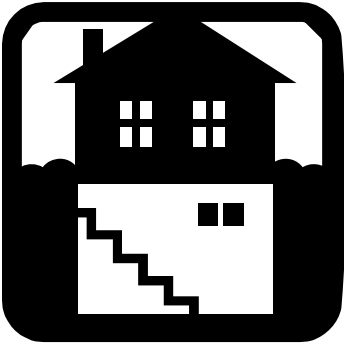


# PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

## A five-minute training Series for Pest Management Professionals.

### Protecting Your Head



Crawl spaces, basements, attics, under staircases, around building perimeters, or under warehouse racking are all areas that harbor hazards for head injuries. Scalp bruises, lacerations, and abrasions can be limited or eliminated with the proper use of personal protective equipment and some pre-job planning.

Working in tight spaces comes with a host of potential hazards. The breathable air, the surface we crawl over, and sharp objects protruding from the various surfaces all require observation before you enter a workspace. The most frequent injury we sustain from these tight working conditions in pest control is a bump to the head. The very best prevention for this injury is the use of a bump cap.

Bump caps made of light-weight plastic, do not protect against serious blows to the head or falling objects and should never be worn in place of hard hats. They are useful, however, when working in cramped spaces where painful bumps, scrapes or cuts to the head are a potential.

The forehead and scalp have an abundant blood supply. As a result, any injury to these areas often results in bleeding under the skin. When the bleeding is restricted to one area, it causes a swelling, or goose egg. Doctors refer to this as a hematoma.

The size of the swelling on a head wound isn't necessarily an indication of the severity of the head injury. Even a minor bump can cause a large goose egg. To reduce the swelling, apply ice to the injury as soon as possible. Although the swelling usually goes away within a few days, skin discoloration may persist for one to two weeks. If ever in doubt about the severity of a head injury, see a doctor

- Apply ice to the bruised area to minimize the swelling. A bump (goose egg) often develops. The size of the bump does not suggest the severity of the injury. A small bump may be serious, and a large bump may mean only a minor injury.
- Observe the injured person carefully. Symptoms of bleeding inside the head usually occur within the first 24 to 72 hours.
- If a laceration or abrasion occurs treat the wound by cleaning the area and protecting it from contamination.



A typical minor head injury occurs when a person runs into something and bangs his or her head. A bump usually begins to form. Neither pupil is enlarged. Within eight hours, the person is back to normal, except for the goose egg swelling, a bruise, or a laceration/abrasion. Protect your head by wearing a bump cap whenever the work conditions warrant.