

PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

The Importance of Sleep

Name _____

Date _____

- | | True | False |
|--|--------------------------|--------------------------|
| 1. Heavy meals, warm rooms, and long periods of driving are primary causes of sleepiness. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Prepare yourself for upcoming lack of sleep by sleeping at least 10 hours per night for a week to get ahead on your requirement. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Flawed logic and judgment are signs of sleep deprivation. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Sleep deprivation results when sleep periods are cut short over an extended period of time. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Many impairments can surface when you are sleep deprived including an increased tendency to take risks with your personal safety. | <input type="checkbox"/> | <input type="checkbox"/> |