



# Safety Tips

A five-minute training series for PCOs.

## Confined Spaces



Working in confined spaces is part of your everyday job. This type of working environment creates employee injuries almost daily. Some of the most common injuries are falling through ceilings, head injuries caused by rafters, heat exhaustion and strains and sprains from stretching and twisting in tight spaces.

To avoid such injuries consider the following:

- Always wear the proper personal protective equipment; such as: hard hats, coveralls, gloves, etc. This also includes respiratory and eye protection when applying pest control products that require their use.
- Don't guess where the ceiling joists are. Clear away insulation, where applicable, to expose the ceiling joists. And of course, replace the insulation on your way out. **DON'T STEP BETWEEN THE JOISTS!**
- Check the beams to confirm that they are joists and not just frames for other access or only for drywall support.
- Pace yourself in attics during hot seasons. **DO NOT STAY IN ATTICS TOO LONG.**
- When entering crawl spaces, always maintain a line of sight with the exit.
- Inventory of the tools on hand, making sure you have everything you need and it is all in good working order. Many accidents happen while entering or exiting the confined space. The fewer times you do this the less chance for injury.
- **IF IT IS NOT SAFE TO ENTER, DON'T!**