

PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

Protect Yourself Through Stretching - Quiz

Name _____

Date _____

- | | True | False |
|---|--------------------------|--------------------------|
| 1) To properly stretch throughout the workday, I will need to set aside 30 minutes of time, twice per day. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) A good way to reverse stretch after bending over at the waist is to stand, place hands at the hip/small of your back and bend gently backwards from the waist. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Slow, smooth and steady movements are best when stretching your body. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) While stretching, if you feel some resistance, continue beyond that point until it hurts to get the maximum benefit of the stretch. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) After you have been in a static posture, it only takes a minute to do a reverse stretch. | <input type="checkbox"/> | <input type="checkbox"/> |