

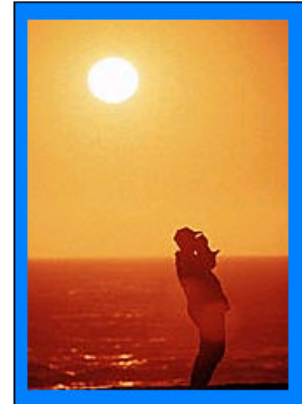
PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

THE HEAT IS ON

The heat is on and it's going to be another hot summer in the USA. Spring has been nice, but it is just about over. Time to buckle up and stay cool behind the wheel. It all starts with fluids and eating meals on a consistent basis. Skipping lunch or failing to drink fluids can lead to fatigue, dizziness and a lethargic state of mind. The first step in taking on the summer heat is to become acclimated. Adjusting to the heat is a battle in itself. It may take up to 7 days for the body to adapt to the heat. Preparing for this is important. When temperatures reach the mid 90's it is crucial to replenish the fluid that your body is losing through sweating.



There are many electrolyte drinks available like gatorade and water. It's common sense to know when you are feeling the heat to grab a cold drink of water, but will you? Heat stress is a very serious disorder and it is important to be educated and know how to look for signs. Acting quickly is important. Our bodies have a natural air conditioner. A process of how we sweat, it evaporates through the skin and we are cooled off. Actively taking care of this natural air conditioner throughout the summer will pay off in the end.

Symptoms of Heat Stress Disorders:

- ◆ Heat Cramps: Symptoms are painful spasms of the muscles. Heat cramps are caused when workers consume large quantities of water but fail to take in enough salt, which is lost from sweating. Tired muscles are most susceptible to cramping.
- ◆ Heat Exhaustion: Symptoms for this disorder are moist, clammy, pale skin; excessive sweating, fatigue; dry mouth; dizziness; muscle cramps and nausea.
- ◆ Heat/Sun Stroke: Symptoms are a very high body temperature (104 degrees or higher); lack of sweat; mental confusion, delirium; deep breathing and rapid pulse; Seek medical help at once for this condition.

Heat stroke disorders are very serious. Workers who have ignored the symptoms have lost their lives. Be cool. Use your head. Don't be afraid to grab a minute or two throughout the day to cool off! It might seem counterproductive but it can save you from heat stress. Do not ignore possible symptoms of heat stress disorders. If you feel very hot, dizzy, nauseous or if your muscles cramp, stop and cool off! And most of all.....

STAY COOL!