

PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

The Heat is on

Name _____

Date _____

- | | True | False |
|---|--------------------------|--------------------------|
| 1) Skipping lunch or failing to drink fluids on a consistent basis is ok and will help you keep a healthy diet? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Adjusting to the heat is easy and should only require a couple of hours at the most? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Symptoms of heat stress disorders include Heat Cramps, Heat Exhaustion, Dizziness, Cramps, Dry Mouth, Nausea, Pale Skin and Heat/Sun Stroke? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Our bodies have a natural air conditioner that helps us stay cooled off all the time no matter how hot it is? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) If you feel very hot, dizzy, nauseous or if your muscles cramp, it is a good idea to stop and cool off before continuing to the next stop. | <input type="checkbox"/> | <input type="checkbox"/> |