



Safety

Tips

A five-minute training Series for Pest Management Professionals.

A Good Eight Hours



Any professional athlete will tell you that the most important pre-game preparation takes place the night before game-day. Getting adequate sleep increases our mental acuity, raises our energy level, and keeps us more alert. You, as an “industrial athlete” require that very same kind of pre-game preparation for your workday.

Your pest control duties present situations throughout your workday that require your full attention, your untapped energy, and your sharp mental acuity. Driving your route is one activity that you engage in every day that becomes very hazardous if you are not well rested and alert.

Getting adequate rest and arriving to the job each day fit for duty is a personal commitment to your safety on the job.

- As often as possible, get a full eight hours of sleep the night before you work.
- Try to maintain a regular schedule of sleeping and eating to help ensure that you receive sound, restful sleep.
- Limit your consumption of alcohol and caffeine on the nights before you work. These substances can adversely affect the quality of your sleep.

There are times when we all must get through a workday when we have not had enough sleep the night before. The key is to avoid making a short night of sleep a common occurrence. On those days when you know you are not well rested, be especially mindful of the hazards that your compromised condition presents.

- Auto accidents from nodding off or losing attention while driving
- Strains resulting from improper body postures while lifting and carrying
- Mistakes in choosing, mixing or applying product
- Falls from lack of attention to your walking/working surface

It is your responsibility to arrive to work each day fit for duty. Doing so will help ensure that you return home each night fit to enjoy your life.