



# Safety

## Tips

A five-minute training Series for Pest Management Professionals.

### A Good Eight Hours

Name \_\_\_\_\_

Date \_\_\_\_\_

- |   | True                     | False                    |
|---|--------------------------|--------------------------|
| 1) Getting at least eight hours of sleep a night will increase alertness.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Nodding off after lunch is common and is best dealt with by turning up the truck radio and opening the window. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Fatigue makes us more susceptible to falls and sprain/strain injuries.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) What I do when I am off duty has no effect on my ability to perform my job safely.                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Young children and senior citizens require eight hours of sleep. Healthy adults function well with five hours. | <input type="checkbox"/> | <input type="checkbox"/> |