

PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

Avoiding Knee Injuries

Your work in pest control can often require accessing areas that require you to kneel. Warehouse racking, crawlspaces, attics and under stairwells are good examples of places that might require you to work on your knees. In addition to the constant bending, care must be taken to protect the surface of the kneecap from direct trauma that could result from accidentally kneeling on a small object.

The best "knee protection system" not only includes kneepads to protect from direct trauma, but also preventative measures to potentially minimize long term damage to the knees. If you are in a nearly constant kneeling position during the course of an 8 to 10 hour day, and subjecting your knees to direct compressive forces, try doing the following:



- Periodically take a few minutes to "unload" the knee by repositioning.
- Do a few repetitions of range of motion exercises (bending, stretching and flexing of knee/leg). By periodically relieving the compressive forces through repositioning and motion exercises, shock-absorbing tissues in the knee (i.e., cartilage, meniscus) are better able to absorb synovial fluid and improve knee lubrication.
- Wear appropriate shoes with good arch and ankle support, and make sure they're not worn out.
- Keep your front and back thigh muscles flexible through stretching.
- Avoid sitting with your legs crossed.
- Sleep on your back with a pillow under your knees or on your side with a pillow between the knees. Avoid sleeping on your stomach because this puts direct, constant pressure on the kneecaps.
- Wear some type of kneepad to protect the surface of the kneecap if your work requires constant kneeling.

The relatively simple activity of periodically relieving pressure on the knee and exercising the knee joint may aid in the prevention of discomfort or knee injuries.

