



A five-minute training Series for Pest Management Professionals.

Avoiding Knee Injuries

Name _____

Date _____

	True	False
1) Kneeling down on a small object causing direct trauma to the kneecap can injure your knee.	<input type="checkbox"/>	<input type="checkbox"/>
2) Wearing protective kneepads and repositioning to "unload" the knee are both effective measures in preventing knee injuries.	<input type="checkbox"/>	<input type="checkbox"/>
3) The type of shoe you wear has nothing to do with keeping your knees healthy and injury free.	<input type="checkbox"/>	<input type="checkbox"/>
4) Sleeping on your back rather than on your stomach will alleviate direct pressure on the kneecaps while you sleep.	<input type="checkbox"/>	<input type="checkbox"/>
5) Weak knees are hereditary and little can be done to prevent pain and injury in the joint.	<input type="checkbox"/>	<input type="checkbox"/>