

The Guest Spot with Ellen Fitzgibbons – EMF Coaching



Thriving in the Field: A Holistic Approach to Fitness for Pest Management Specialists

*Over the next couple of posts I asked Powerlifting Champion, and World Record holder in squat & bench, **Ellen** from **EMF Coaching** to write a for me a series of guest blogs for Wade Environmental on a subject I feel needs to have a little more discussion in our Industry, keeping Healthy.*

Pest Management specialists play a crucial role in maintaining public health by safeguarding our living spaces from unwanted intruders. However, with this responsibility comes a concerning rise in occupational injuries, particularly in the regions of the back and knees. In recent years, there has been a notable increase in reported injuries, underscoring the need for a proactive approach to address these issues head on.

Over a series of blog posts, I aim to shed light on the escalating trends of injuries within the pest control industry and emphasize the critical importance of adopting preventative measures.

As the backbone of many communities, the well-being of these dedicated professionals is paramount.

I will delve into the reasons behind the injuries and explore why it is imperative to prioritize the physical health of pest management specialist through fitness and strength maintenance programs.



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In my field, I aim to enhance the quality of people's lives through health and fitness. Prioritizing your well-being is essential for sustaining work capabilities and is crucial for long-term vitality both within and outside the professional realm. I will highlight the physical demands of pest control work, common injuries and their associated impact. Following on from this, I will then delve into the importance of injury prevention and the vital role that implementing a fitness routine into your life will result in better work productivity both for individuals and companies.

Thriving in the Field: A Holistic Approach to Fitness for Pest Control Specialists

Now, we will delve into the intricate physical demands of the pest control profession, exploring the nuances of the tasks involved. We'll take a closer look at the common injuries that often plague individuals in this field and, more importantly, discuss proactive strategies to prevent and mitigate these challenges. Recognizing that this is no ordinary task, it's imperative to grasp the complexities that shape the broader picture of pest control work.

Join us as we navigate through the intricacies, aiming to provide a comprehensive understanding of the profession and effective measures to ensure the well-being of those on the front lines



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The Physical Demands of Pest Control Work:

Pest control work is a dynamic and physically demanding profession that involves a range of activities. Responsibilities can range from bending to inspect cracks and crevices, to lifting heavy equipment, climbing up into attics, or manoeuvring through confined spaces. This inherently will place challenges on the body in different ways and frequencies.

1. Inspection and Assessment:

•**Activity:** Careful examination of infested areas, often requiring crouching, kneeling, and bending.

•**Impact:** Puts strain on the knees and lower back, potentially leading to chronic discomfort and injuries over time.

2. Application of Pesticides:

•**Activity:** Spraying or applying pest control chemicals, involving repetitive arm movements and sustained postures.

•**Impact:** Increases the risk of musculoskeletal issues, especially in the shoulders, elbows, and lower back.

3. Lifting and Carrying Equipment:

•**Activity:** Transporting heavy equipment such as application equipment, ladders, and protective gear.

•**Impact:** Places stress on the back and shoulders, contributing to the development of strains and injuries.

4. Crawling into Confined Spaces:

•**Activity:** Accessing tight or confined areas to locate and treat pest infestations.

•**Impact:** Forces pest control specialists into awkward postures, heightening the likelihood of knee and back injuries.

5. Extended Hours of Standing/Driving:

•**Activity:** Long periods of standing during pest control operations.

•**Impact:** Contributes to fatigue and may exacerbate existing issues in the lower back and knees.

6. Repetitive Motions during Treatment:

•**Activity:** Employing repetitive actions, such as continuous spraying or bait placement.

•**Impact:** Heightens the risk of overuse injuries, particularly in the wrists, elbows, and lower back.

Any of this sound familiar?

If so, check back in next week for a look at how we can better understand what injuries we might encounter.

Feeling inspired? Want to look at some [Online Coaching](#) options? Check out Ellen's page below and see how she might be able to help you.