



PREPARATION CHECKLIST BEFORE HEAT TREATMENT

You will be heating your space to temperatures of around 135-140°F. It is important that anything that may be damaged by the heat is removed from the treatment area beforehand. Below is a list of items that may be affected by these temperatures and should be removed. This is not a complete list but intended as a guideline for the types of things needing to be removed. There is no substitute for common sense, but if you are unsure, please give us a call at 970-443-8119.

People **CAN NOT** be in the treatment area during heating except for very short periods to rearrange furniture or move the heater as needed to maximize effectiveness.

Pets **CAN NOT** be in the treatment area during heating.

Please **REMOVE** the following *heat sensitive* items from the treatment space:

- Aerosol cans – hairspray, spray paint, etc.
- Alcohol – beer, wine, spirits
- Antiques with fragile finishes or glue points
- Non-Porous Art - including oil paintings, acrylics, clay sculptures, etc. Fabric Art should be heated.
- Audio and videotapes, vinyl records
- Blinds - window blinds made of plastic or vinyl
- Cigarette lighters
- Combustible items – anything with the words ‘Combustible’
- CD’s / DVDs
- Cosmetics/make-up that may melt, especially deodorant and lipstick
- Craft items assembled with glue
- Family heirlooms and irreplaceable items should be inspected, and a determination made as to whether they should be heated or not.
- Firearms/Ammunition – Fireworks – Flammables - Lighters, lamp fuel, alcohol, solvents, etc.
- Fire extinguishers / Bottled oxygen
- Fresh food - fruits, vegetables, etc.
- Gasoline or lantern fuels like kerosene
- Laptops, Tablets, Mobile Phones – all touchscreen electronics
- Medicines, Prescriptions, Vitamins, etc.
- Musical instruments (leave their cases in the treatment area to be heated)
- Oxygen Tanks or Cannisters
- Photographs
- Plants
- Smoke Alarms only during heat treatment. Replace immediately following heat treatment.
- Soft vinyl items
- Vitamins
- Wax items – candles, lipstick, etc.



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All **valuables** such as jewelry, cash, guns, ammunition etc. should be secured in a separate, locked location.

All **clothing and bedding** should be put in a clothes dryer for 45 minutes on medium heat, or hung up in the treatment area to be heated with at least two inches of open space between items. Do not return treated items to your space until after thermal treatment has been completed.

All **food and condiments** should be removed or placed in the refrigerator.

Desktop computers, televisions, stereos, clock alarms should be powered off and unplugged. They do not have to be removed from the treatment area.

In general, the less stuff you have in the treatment area, the easier it will be to exterminate the bed bugs.

Furniture

Move all furniture at least one foot (or more if possible) away from walls and other furniture items to allow heat to circulate freely including around the walls and baseboards.

Cushions and pillows should be removed from sofas, chairs, etc. and placed appropriately so the heated air can penetrate from all directions.

If can be safely done, stand smaller sofas, love seats, stuffed chairs and similar items on end during heat treatment to facilitate heated air circulation around all surfaces. **THE FEWER SURFACES TOUCHING THE FLOOR, THE BETTER. ELEVATE FEET OF FURNITURE WITH RISERS (see photo below). BED BUGS WILL HIDE IN PLACES WHERE HEAT CAN NOT REACH.**





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Clothing

1. Bed bugs will seek shelter on and within clothing. To avoid reintroducing bed bugs, any clothing removed from the space before thermal remediation must be treated before it is placed back in the heat-treated area.
2. Washing using the hottest water cycle **PLUS** drying using the hottest dryer setting will treat most clothing.
3. Avoid contaminating the freshly washed clothing. Do not return the clean clothing to the container (bag, basket, etc.) it was transported in unless that container was also heat treated.
4. Clothing left in the heated treatment zone must be placed in open weave laundry baskets.
5. Clothing must be packed loosely. Tightly packed baskets will prevent lethal temperatures from reaching all items. Do not place clothing in plastic bags unless they are being transported to the dryer for individual treatment.
6. Clothing in drawers can be left in place, except if clothing is tightly packed, in which case some items must be removed. It is recommended to remove the drawers from the dressers to help with the air movement within the drawers and the drawer's dresser/chest etc. If not possible OPEN all drawers.
7. Clothing on hangers may be left in closets if the space between the items is spaced out enough to allow the heated air to circulate. Arrange hanging items to open up at least two or three inches of air space between them.

Larger Fabric Items - Linens, Towels, Blankets, Comforters, etc.

1. These items should be left in the area being heated or carefully bagged/washed/dried, as they are likely to shelter insects.
2. Place these items in open weave laundry baskets. Pack the items very loosely to allow for air circulation. Do not pack in plastic bags unless being transported to the dryer for individual treatment.

Papers, smaller items, etc.

1. A thermal remediation treatment requires moving large amounts of air to be successful. All items that can be blown around and possibly damaged need to be protected.
2. Loose papers need to be gathered and boxed.
3. Glass items, knick-knacks, etc. will need to be secured. Do not leave breakable items on shelves or other areas where damage could happen due to them being blown over by the fans.
4. Pictures, paintings, and other wall-mounted items should be taken down to prevent damage from air movement and facilitate heated air movement around all sides. Heat-sensitive wall items should be inspected for insects and removed from the treatment zone.



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Electronics - Televisions, Computers, Video players, Stereos, etc.

1. Bed bugs hide in electronics because they are plugged in to an electrical outlet and are warmer than items that are not plugged in. Do not remove electronics except for touch screen phones, tablets and laptops from areas being treated.
2. Switch all electronics to the **OFF** position.
3. Disconnect all electronic appliances by unplugging from the wall outlet.
4. It is recommended to unscrew and remove all light switch covers and plug outlet covers to allow heated air to enter these areas.

Beds

1. Headboards & bed frames need to be moved at least 1-3 feet away from walls.
2. All bedding materials (mattress pads, sheets, blankets, covers, etc. must be removed from the bed and either washed/dried separately as previously described or loosely placed in an open weave basket in the heat treatment zone.
3. Mattresses and box springs/supports should be removed from the bed frame and leaned against a wall or in some similar fashion to allow heated air to circulate around all surfaces of the mattress/box spring. Plastic milk crates or risers (see photo below) are an excellent way to separate these items.

Waterbeds and Inflatable Airbeds

1. Waterbeds will need to be drained. If the waterbed is not drained, it will prevent the frame from reaching lethal temperatures.
2. Inflatable Air beds will need to be partially deflated to avoid damage
3. Select Comfort-type air beds with an electronic pump must be partially deflated and unplugged from the wall outlet.

Bed Bug HEAT Treatments fail for 2 Primary Reasons:

1. Lack of proper preparation of the treatment area. (Home should be clean and de-cluttered for proper convection heating.)
2. From Bed Bugs leaving the residence during the preparation process and then being reintroduced into the dwelling after heat treatment is completed. Also be AWARE of friends, family, and neighbors where these bugs may have originated.



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ITEMS THAT NEED TO BE LAUNDERED AND REMOVED BEFORE HEAT TREATMENT IS PERFORMED:

- Linens and bedding need to be removed from the bed, cleaned and dried. Then continue heating the dried clothes for a minimum of 30 -45 minutes AFTER they have dried or achieve a core temperature of 120° F. Do not overstuff so the dryer heat cannot heat thoroughly. They should be removed from the dryer and placed directly into a new/clean garbage bag and be completely sealed up and then removed from the home for the heating process to be done. Once the heat treatment is complete, the linen bags may be returned to the house, but the plastic bags should be sealed in a different/unused plastic bag and disposed of.
- Remove any Bed Bug Mattress Encasements from the beds to allow complete heat penetration. They can be replaced once heat treatment is completed.
- Clothes stuffed tightly into a dresser or closet should be **thinned out by removing some and following the exact protocol given above for the bed linens.** Closets and dressers must be thinned out so that heat is able to penetrate deep into all cracks and crevices and all drawers left all the way open or better yet, removed during heat treatment.
- De-clutter, your closets and storage areas, to allow adequate heat circulation. There should be no build-up of clothes, toys, papers, books, dog and cat bedding, etc.

BED BUGS HIDE AND SURVIVE IN CLUTTER WHICH INSULATES THEM FROM THE HEAT.

Not following the above suggestions may decrease the effectiveness of your heat treatment and repeat treatments may become necessary.

Take the time up front to do it right the first time. You will be glad you did.

If you have any questions about this information, please feel free to give us a call and we will do our darndest to help.