Bed Bug Heat Treatment Preparation & Use Guide

IMPORTANT:

You will be heating your space to temperatures around **135–140°F (57–60°C)**. Proper preparation is critical for effective bed bug elimination and to prevent damage to your belongings.

1. General Preparation Overview

- **No people or pets** can be in the treatment area during heating, except for brief periods to rearrange furniture or equipment.
- **Remove or protect all heat-sensitive items** (see detailed but incomplete list below).
- **Declutter** as much as possible: the fewer items in the treatment area, the more effective the treatment. Bed bugs insulate themselves from the heat in clutter!
- **SEAL THE ROOM AS TIGHTLY AS POSSIBLE – NO COLD AIR IN, NO HOT AIR OUT!**
  DO NOT RUSH THIS STEP.

  Use BLUE painters' tape and plastic sheeting to cover all cracks, vents, and windows and gaps around door created by power cord.
- **Seal/Caulk all cracks and gaps where bed bugs may hide to protect themselves from the heat.** This includes roughhewn (log cabin) or rustic furniture and corners and joints of bed frames.
- If you have questions or are unsure about any item, **call us at 970-443-8119**.

2. Items to Remove or Protect

Remove the following from the treatment area making sure none are infested with bed bugs:

- **Aerosol cans:** hairspray, spray paint, etc.
- **Alcohol:** beer, wine, spirits
- **Antiques:** fragile finishes or glued joints
- **Art:** non-porous art (oil/acrylic paintings, clay sculptures); fabric art should be heated
- **Audio/video tapes, vinyl records**
- **Plastic/vinyl blinds**

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- **Cigarette lighters, combustibles, flammables:** including gasoline, lamp fuel, solvents, fireworks, ammunition, lighters, fire extinguishers, bottled oxygen
- **CDs/DVDs**
- **Cosmetics:** especially those that may melt (lipstick, deodorant)
- **Craft items assembled with glue**
- **Family heirlooms and irreplaceable items:** inspect and determine if they should be heated
- **Fresh food:** fruits, vegetables, etc.
- **Laptops, tablets, mobile phones, flat screen TVs:** all touchscreen and flat panel electronics
- **Medicines, prescriptions, vitamins:** store in refrigerator
- **Musical instruments:** leave cases in treatment area to be heated
- **Oxygen tanks or canisters**
- **Photographs**
- **Plants**
- **Smoke alarms:** remove during treatment, replace immediately after
- **Soft vinyl items**
- **Wax items:** candles, lipstick, etc.
- **Valuables:** jewelry, cash, guns, ammunition (secure in a locked location)

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

NOT A COMPLETE LIST – PLEASE USE COMMON SENSE OR CALL US AT 970-443-8119

3. Special Instructions for Electronics

- **Desktop computers, stereos, alarm clocks:** power off and unplug, but do NOT remove from the treatment area.
- **Do NOT unplug the refrigerator.**
- **Remove laptops, tablets, flat panel TVs and cell phones** from the treatment area.

4. Furniture Preparation

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- **Move all furniture at least 1–3 feet away from walls** and other items to allow heat to circulate freely.
- **Remove cushions and pillows** from sofas/chairs and position them so air can penetrate all sides.
- **If possible, stand smaller sofas/chairs on end** and use risers to elevate furniture for better air circulation.
- **Headboards & bed frames:** move 1–3 feet from walls.
- **Mattresses and box springs:** remove from frame and lean against a wall, elevate on risers or lean one against the other in an "A" configuration to allow optimal heat penetration. The best time to do this is after the room is above 120ºF/49ºF so as not to allow bed bugs to scuttle away and hide elsewhere.
- **Waterbeds:** drain completely. Unplug waterbed heater.
- **Inflatable/air beds:** partially deflate and unplug electronic pumps. Lean on end or side to minimize contact with floor where bed bugs will hide.

5. Clothing & Bedding

- **All clothing and bedding** should be:
    - Put in a clothes dryer on high for at least 20 minutes, **or**
    - Hung or spread out on floor or draped over hard furniture in the treatment area with at least 2–3 inches of space between items.
- **Do not return treated items** to the treated space until after the process is complete.
- **Clothing in drawers:** can stay if loosely packed; remove drawers if possible or leave fully open.
- **Clothing on hangers:** space-out or removed to create enough room for hot air to circulate.
- **Larger fabric items (linens, towels, blankets, comforters):** leave in treatment area or bag, wash, and dry as above.
- **Avoid plastic bags** to store items left in the treatment area (only use for transport to/from dryer). Bed bugs will burrow into bagged clothes to avoid the deadly heat.

6. Papers & Small Items

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- **Secure loose papers, glass items, and knick-knacks** to prevent damage from air movement.
- **Box up loose papers** and secure breakables.
- **Remove wall-mounted items** (pictures, paintings) to prevent damage and allow for air circulation.

7. Room & Area Preparation

- **Seal all vents, windows, and door seams/cracks** with plastic sheeting or insulation board and blue painter's tape—**no cold air in, no hot air out!!**
- **Remove all light switch and electrical outlet plates** to allow heat penetration.
- **Bathrooms:** Do NOT heat treat bathrooms (wax toilet rings may melt). If you suspect bed bugs in the bathroom, move infested items to the main treatment area and seal the bathroom door with painters' tape.

8. Pre-Heating (Optional, but Recommended)

- **Preheat the area** using the furnace, space heaters, or hotel PTACs to 80–90°F (27–32°C) for at least 2 hours before starting the main heat treatment. This speeds up the process and improves results.

9. Using Heaters & Optional Convection Air Movers

Heater Setup

1. **Confirm MAIN BLACK ON/OFF SWITHC IS IN THE OFF POSITION.**
2. **TURN OFF STOVE/RANGE/DRYER CIRCUIT BREAKER**
3. **Plug ORANGE heater power cord** into side of heater and then into a standard 110/120v wall outlet to activate the internal fan and thermostat. Current room temperature will display.
4. **PLACE HEATER ON IT'S SIDE WITH LCD PANEL FACING CEILING. TWIST-LOCK CONNECT UNTIL CLICK the black power cord** into the heater. Stand heater back into upright position.
5. **TURN ON STOVE/RANGE/DRYER CIRCUIT BREAKER** and plug black cord into a suitable power source (stove, dryer, or generator receptacle) using the correct adapter provided with your heater.

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6. **Turn the black heater switch ON** after confirming the **GREEN** light is glowing and power is flowing to the heater.
7. **Set toggles:** 3 UP = 10,000 Watts, 3 DOWN = 6,250 Watts. Refer to sticker on side of heater for appropriate setting depending on your outlet's amperage rating.

Optional Convection Air Mover Setup

- **Plug blue fans into 110/120v outlets** 5–10 feet from the heater.
- **Point airflow upward or at an angle** to circulate hot air evenly. **NEVER POINT DIRECTLY AT HEATER WHICH WILL CAUSE SAFETY SHUT DOWN OF HEATER.**
- **Operate convection air movers on the highest setting**; daisy chain one to another if wall power outlet availability is limited.

Temperature Monitoring – EVEN HEAT DISTRIBUTION IS THE GOAL

- **Place 3 battery-operated sensors:**
  - One on the floor
  - One on furniture or windowsill (about 4 feet up)
  - One near the ceiling – use ladder or the top of tall furniture.
- **Do not adjust sensor settings.**
- **Run heaters and convection air movers until the area reaches at least 120°F (49°C)** for 90–120 minutes. This is when bed bugs will start to die.
- **Run heaters another 4-6 hours or until all areas of room have achieved at least 120**F for at least 20 minutes including fabric covered furniture. Use an instant temp digital thermometer to confirm. **BE ADVISED: Infrared heat guns only tell you the surface temperature of items.**
- Once heat extermination session is complete:
  - Turn off **BLACK** power switch so **GREEN** light stops glowing.
  - Leave **ORANGE** cord plugged in and fan running for 10-15 minutes to cool down heater elements.
  - Use gloves as heater and items in the extermination zone will be hot.

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- Unplug all power cords, open windows or turn on AC to return extermination zone to normal temperatures. Remove and dispose of all tape and plastic sheeting.

10. Handling Items Removed from the Treatment Area

- **Anything removed before treatment must be sealed in plastic bags** and either disposed of or run through a dryer on high for at least 20 minutes before reintroducing to the post-heated space.

11. Common Reasons for Treatment Failure

1. **Insufficient preparation:** Clutter or improper setup prevents heat from reaching all areas.
2. **Bed bugs escaping during prep:** Items removed without proper treatment can spread infestation.

12. Final Reminders

- **Take time to prepare thoroughly**—it will save you time and prevent repeat treatments. **Blue** painters' tape and plastic sheeting is your best friend. Use it to seal cracks and vents. No cold air in, No hot air out!
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Thank you for your attention to detail.

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