

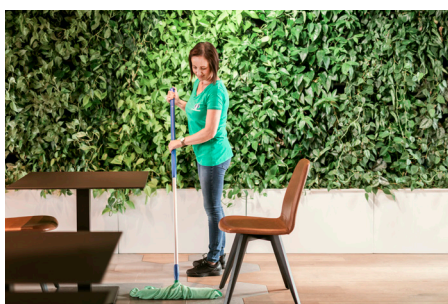
ERGONOMIC CLEANING

SAFETY INSTRUCTION CARD DECEMBER



YOUR POSTURE

- ✓ Keep your **body as straight as possible**, during every task.

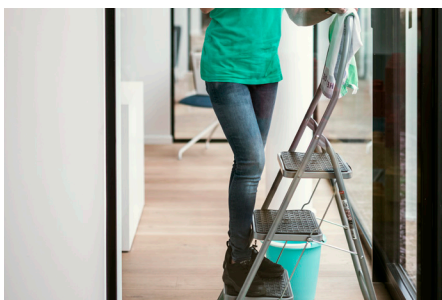


- ✓ **Do not reach too far** to pick something up or clean something and **do not bend your head too far back**. This way you avoid strains.

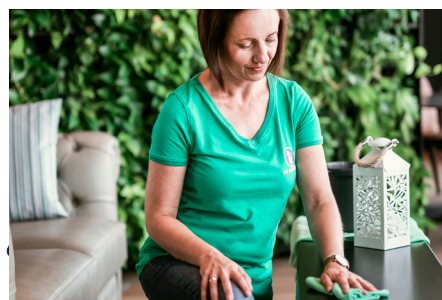


DUSTING AND MOPPING

- ⚠ **Do not lift your arm or elbow above shoulder height**, for example when dusting. Do you however **need to reach higher?** Take a **stable stepladder with handle or support**. The ladder you use has to have a **maximum of 3 steps, a brace, non-slip legs and non-slip steps**.



- ⚠ Dusting a low table? If possible, **support on a sturdy piece of furniture or your knee**.



- ⚠ Wring out a towel or mop? Dusting? **Try not to bend your wrists**.

LIFTING AND GRABBING

- ✓ If possible, choose to **move instead of lifting**.
- ✓ Do you have to lift something off the ground? Always **bend through your knees**. Bending down with your legs stretched is not good for your back
- ✓ **Grasp objects with your entire hand**, not just with your fingertips. Remember that using the right cleaning material also helps.
- ✓ **Carry objects** such as a vacuum cleaner, extractor, bucket, ironing board,... always **as close to your body as possible**.
- ⚠ Do not carry too heavy loads. **When moving heavy loads** (couch, bed,...) **always ask for help**.

