

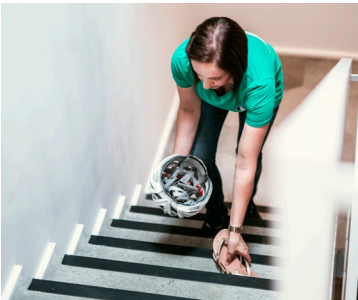
# STAY UPRIGHT

SAFETY INSTRUCTION CARD MARCH



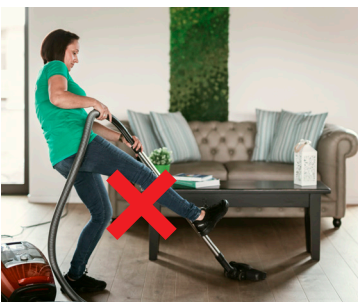
## TO TRIP

- ✓ When you arrive at the customer, you can **safely store your jacket and bag in a closet**. Don't leave anything lying around.
- ✓ **Turn on the light if it is too dark, even if you know the house well**. Watch out for unexpected obstacles such as glass doors.
- ✓ **Clean up thoroughly before brushing and clear passages**.



- ✓ **Ask to separate pets before you come**. This way you avoid tripping over them.

- ⚠ **Always work forwards, never backwards**.

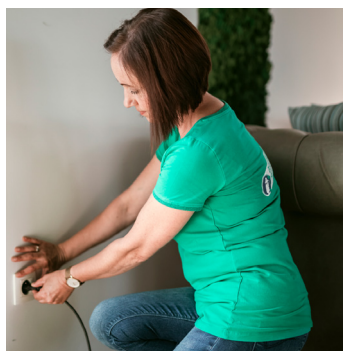


- ⚠ **Do not run in your workplace or make any hasty movements**.

- ⚠ **Do not get distracted during your work**.



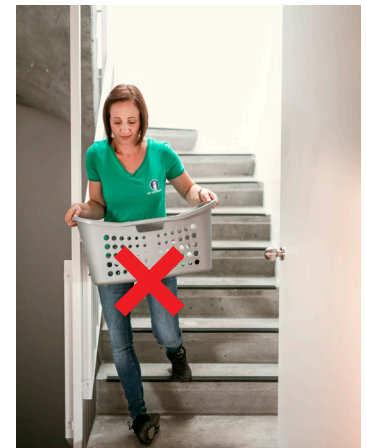
- ✓ **Always plug cables into the nearest electrical outlet**.



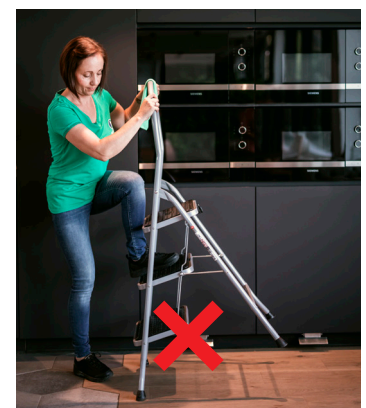
- ✓ **If you notice a dangerous situation (loose cables or tiles), always report this to your customer**.

- ✓ **Pay attention to small height differences in the house such as sills, steps,...**

- ⚠ **Don't wear things that interfere with your field of vision**. Carry a laundry basket under your arm and not in front of you.



- ⚠ **Make sure you don't miss the bottom step of the stairs or stepladder and always hold on to the handrail**.



## TO SLIP

- ⚠️ Never walk on wet floors.
- ✓ Work towards the exit and the dry surfaces, then you should not walk on wet floors.



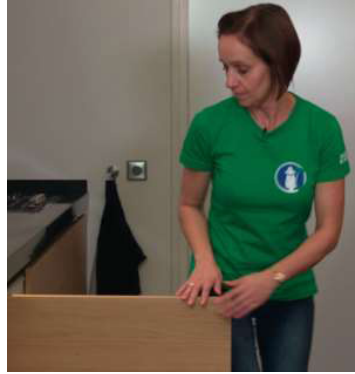
- ✓ Warn the customer about wet floors.
- ✓ Wipe up a water stain immediately.
- ✓ Beware of sudden movements and inappropriate speed of movement during work.
- ✓ Wear your work shoes or appropriate footwear with non-slip soles.



- ✓ When cleaning the bath and shower, you always wear appropriate footwear with anti-slip soles. Never stand on the bath rim.
- ✓ Always dry your footwear after brushing wet surfaces.

## TO BUMP

- ✓ Close open cabinet doors and drawers.



- ⚠️ Open doors wide enough for easy access.



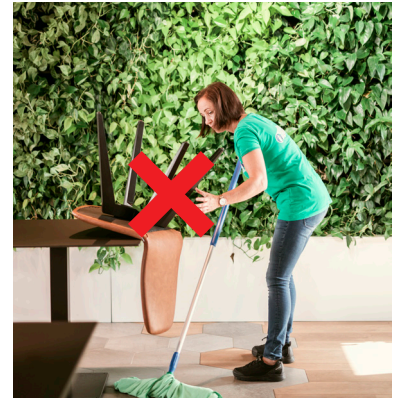
- ⚠️ Have you cleaned the oven, microwave or fridge, always close the door when you are done. This way you avoid bumping into it.



- ⚠️ Never stand on chairs or windowsills.



- ⚠️ Do not place chairs on the table to avoid falling and impact hazards.



- ✓ If you wear a mouth mask, attach the mouth mask with the nose clip so that it does not obstruct your field of vision.

