

SAFE AND HEALTHY WORK METHODS



→ SAFE BODY MECHANICS:

- Safe Stance
- Maintain Natural Curves of the Spine
- Use the Core, Buttocks, Thigh and Calf Muscles
- Use Safe and Effective Grip
- Work Within Your Comfort Zone
- Use Weight Transfer



→ AVOID EXTRA TRIPS:

get all the information, then plan tasks.



→ WITH THE RIGHT EQUIPMENT, YOU CAN:

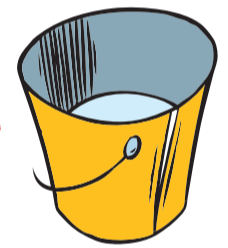
maintain correct posture, reduce effort, increase efficiency.

→ TAKE CARE OF YOUR BACK:

use extension handles, lean against something solid/stable for support.



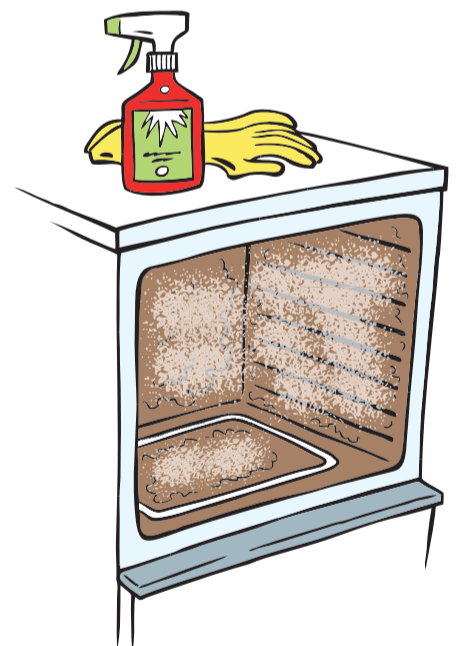
→ REDUCE HEAVY LOADS.



Decay/breakdown



→ KEEP KNEES SLIGHTLY BENT AND USE THIGH STRENGTH TO DO THE WORK.



→ REDUCE REPETITIVE MOTION:

when working, alternate from one hand to the other, give the cleaning product/disinfectant time to do its work, leave very dirty items to soak.

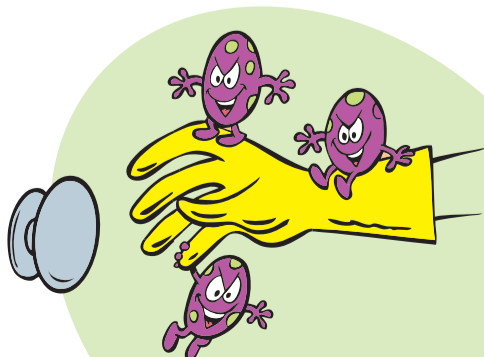
→ GLOVES CONTAMINATE WHATEVER THEY TOUCH:

wash reusable gloves before removing them, and then, wash your hands.



→ NEVER COMBINE CLEANING PRODUCTS:

follow the instructions on product labels and SDSs.



→ WEAR THE APPROPRIATE PERSONAL PROTECTIVE EQUIPMENT