

Cleaning Walls

- Stand upright and use a lightweight long-handled mop or squeegee
- Adjust the length of a telescopic handle to minimize awkward bending and overreaching
- Alternate lead hands to avoid fatigue
- Use your legs, not just your arms, to generate force

Using Telescopic Wall Washing Tools

- Keep your hands in front of you and between your shoulders
- Work in a small area of the wall and try to keep your elbows below shoulder level
- Face the wall and move the tool up and down while:
 - Using a combination of small arm movements while walking sideways
- or*
- Holding the tool across your body while walking forward to minimize arm movements
- Extend your washing range by walking forward to wash higher and walking back to wash lower



Use lightweight plastic extension handles when vacuuming walls



Attach a long handled pole to a mop or squeegee

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Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!