

High Dusting

Reaching up while holding a duster for long periods of time requires awkward and fixed positions of the arms, shoulders and neck. This task can lead to pain and stiffness in the neck, shoulders, arms and upper neck.

Work within your reach

Extend your reach by using high dusting tools with telescoping handles or a ladder.

High Dusting

- Wear face/eye protection
- Stand at an angle and not directly under the dusting area
- Keep elbows close to the body to minimize over-reaching



High Dusting Tools

- Use lightweight tools with telescoping handles and bendable necks
- Work with your hands in front of your body in the area between your shoulders to minimize effort
- Bend the neck of the handle to align it with the surface to be cleaned
- Extend the telescopic handle and step back from the wall to improve neck position

Over-the-shoulder Activities

- Limit time spent in this position
- Allow for more frequent work breaks
- Rotate tasks regularly to change the physical demands

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Safety Talk Discussion

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