

Mopping-Wringing

A wet mop can weigh up to 25 pounds when fully saturated. Wet mopping can cause significant contact stress over the hand and wrist. It also adds strain to the low back.

Wringing a mop



- Bend your knees and keep your back straight as you push the mop wringer down
- Face the wringer lever with a straight elbow
- Use your body weight to press down on the lever
- Use a mop bucket raised off the floor to reduce the bending force required to wring out the water
- While squeezing the mop, place your foot in front of the wheel to prevent the bucket from moving



Microfiber mops require less effort to squeeze dry



Wide base adds stability to tall mop buckets



Do not bend your back when squeezing out the water

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Safety Talk Discussion

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