

Sweeping

Sweeping floors may involve awkward positions of wrists and prolonged contact pressure on hands. Also, the back and neck are often in an awkward forward bent posture.



Alternate right and left hands at the top of the mop handle

Use lightweight brooms, stand-up dustpans, and lobby brooms



**Do not bend your back.
Use tools that allow you to remain upright.
If needed, bend your knees and not your back.**



Wear knee pads and kneel down to get closer to the work

Add a foam sleeve over the broom handle for a better and more comfortable grip



©WorkSafeBC. Used with permission from *A Clean Sweep*.

Safety Talk Discussion

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