SAFE WORKER PRACTICES for JANITORS and HOUSEKEEPERS

- What causes injuries?
  - Lifting, pushing, or pulling too much weight
    - Sample load before you lift
    - Lighten load if necessary
    - Ask for help
    - Use proper lifting mechanics
      - Keep weight close to body when lifting
      - Bend at the knees while lifting
      - Do not twist the body while lifting
    - Push weight rather than pulling
    - Use mechanical devices for lifting and moving

- What causes injuries?
  - Working in awkward postures
    - Kneeling to clean difficult-to-reach places – such as bathroom floors
    - Bending or twisting the back – such as emptying trash containers into dumpsters
    - Overhead reaching – such as pulling boxes off of high shelves

- What causes slips, trips, and falls?
  - Slips occur due to...
    - Wet, waxed, or oily surfaces
    - Spills
    - Weather – ice, rain snow
    - Loose or torn rugs or mats
    - Wrong shoes – slick soles, high heels
  - Trips occur due to...
    - Obstructed view
    - Poor lighting
    - Wrinkled carpeting
    - Cords, pens, and other items left on the floor
    - Uneven surfaces – such as steps and thresholds
  - Preventing Slips, Trips and Falls
    - Clean spill immediately
    - Mark spills and wet areas with warning signs
    - Use appropriate absorbent for viscous material
    - Keep floor free of clutter
    - Repair loose or torn carpets
    - Replaced burned out lighting
    - Wear proper footwear
    - Wear proper fitting clothes
    - Use handrail on stairs
    - Take your time – no rushing
    - Don’t block your vision when carrying items
  - Be attentive; avoid over-exertion; practice safe lifting techniques; ask for help

- Slightly risky actions can result in very serious injuries!