

Garbage and linen:

- Test the weight, ask for help.
- Break up the load.
- Use your legs not your back.
- Use both hands.
- Consider placing garbage/linen on elevated surface to limit bending.
- Pull bags on floor if needed.

Mopping:

- Adjust mop handle where top of mop between shoulders and head.
- One hand on top, one hand 12" below.
- Make small figure 8's in front of you.
- Twist handle not body.
- Stay within shoulder radius.
- Avoid bending.
- Keep wrists in neutral.

Vacuumping:

- Keep vacuum in front of you in line with your body.
- Avoid twisting and bending.
- Perform smaller movements.
- Alternate hands.

High dusting:

- Use extended handle.
- Avoid reaching higher than shoulder level.
- Move items so you can get close to objects you are dusting.
- Bend knees when dusting low.

Pushing/pulling carts:

- Do not push and pull at same time.
- Use both hands to push the cart.
- Stock heavy and most frequently used items between hip and shoulder level.
- If cart needs maintenance report to supervisor or manager.

Cleaning beds:

- Pull bed away from wall and apply brakes.
- Raise bed to hip height.
- Use bed controls when needed to raise head or foot of bed.
- Use golfer's kick when reaching to clean mattress.
- Pull linens into bag on the bed then lower bag to floor.
- Squat or lunge to avoid bending and twisting.
- Squat or kneel to clean under bed.
- Use both arms with elbows in when lifting frames or headboard.

Cleaning bathrooms:

- Avoid bending and twisting.
- Use golfer's kick when reaching.
- Get into tub or shower.
- Make smaller movements.
- Be mindful of wet floor.
- Avoid prolonged wrist extension.
- Squat or kneel when cleaning lower surface (use knee pads if provided).

Other:

- Use protective eyewear when mixing or handling chemicals.
- Wear shoes with good arch support.
- Stretch daily at your cart.