

HOUSEHOLD MAINTENANCE

HEALTHY WORK METHODS



→ BASIC POSTURE:

head held straight, shoulders relaxed, back straight, not twisted, arms close to the body, feet spread apart.



→ AVOID EXTRA TRIPS:

get all the information, then plan tasks.



→ WITH THE RIGHT EQUIPMENT, YOU CAN:

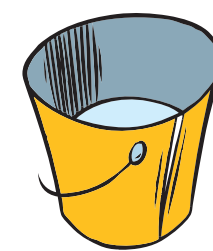
maintain correct posture, reduce effort, increase efficiency.

→ TAKE CARE OF YOUR BACK:

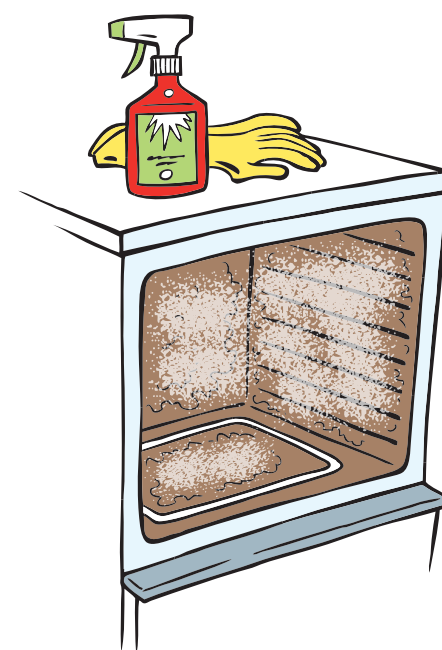
use extension handles, lean against something for support.



→ REDUCE HEAVY LOADS.



→ KEEP KNEES BENT AND USE THIGH STRENGTH TO DO THE WORK.



→ REDUCE REPETITIVE MOTION:

when working, alternate from one hand to the other, give the cleaning product/disinfectant time to do its work, leave very dirty items to soak.

→ GLOVES CONTAMINATE WHATEVER THEY TOUCH:

wash reusable gloves before removing them, and then, wash your hands.

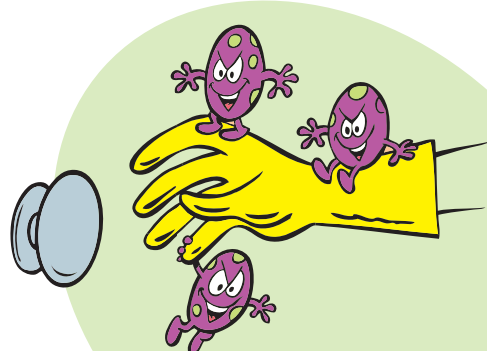


→ NEVER COMBINE CLEANING PRODUCTS:

follow the instructions on product labels.



→ WEAR THE APPROPRIATE SAFETY EQUIPMENT



Association paritaire pour la santé et la sécurité du travail du secteur affaires sociales

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