

HYGIENE AND CLEANLINESS

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.



→ WEAR THE APPROPRIATE SAFETY EQUIPMENT

and follow the rules of your facility when a client is in isolation.



→ SLIDE, ROLL, OR PIVOT, RATHER THAN LIFT.

