



Ergonomics For Caretakers and Cleaners

is concerned with the 'fit'
between people and
equipment they use and the
environment they work in.



**Equipment should "fit"
people... not the other
way around!**



A gallon of water weighs about 8 pounds. So, your bucket weighs about 55 pounds when it is full. Use a hose to fill buckets to avoid heavy lifting.



**Mopping
floors**



When emptying the bucket lighten the load before you lift it up.

Some buckets are equipped with a lip to make emptying easier





Lowering back strain

- Bend your knees and keep your back straight as you push the wringer down.
- Face the wringer so it doesn't spring back and hit you.
- Place your foot in front of the wheel to prevent the bucket from moving.

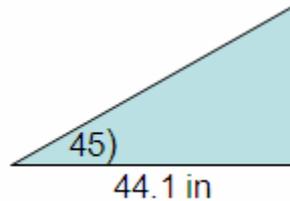




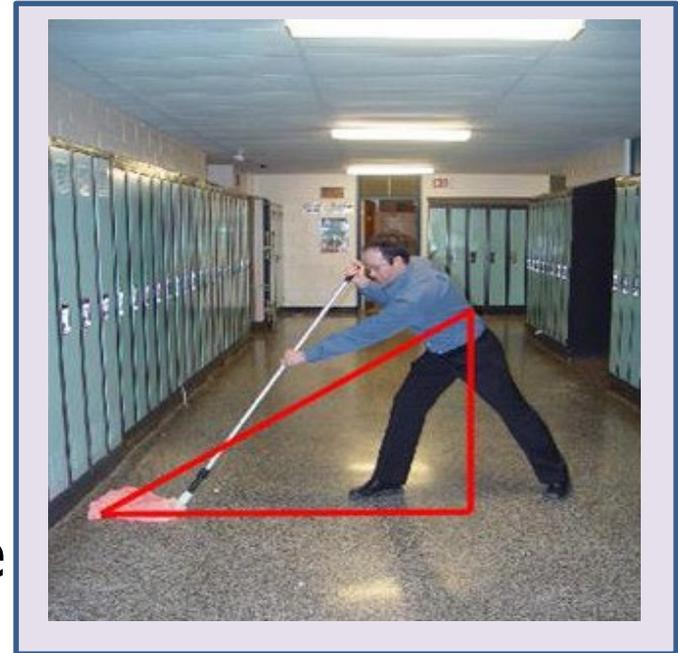
Mops absorb 7 times their own weight. A large mop filled with water can weigh as much as 8 pounds. That's the same as a sledgehammer. Choose a mop size that is comfortable for you.



Mopping floors



$$X = 44.1 / \sin 45 = 62 \text{ n}$$



Since a large mop weighs about 4.5 kg and the coefficient of friction is estimated to be 0.5, the force on the whole body is 620n/sq. metre = 62 kg (136 pounds). About 70 pounds is concentrated on the lower back



Lowering back strain

- Lower the angle by reducing the area covered by the mop.
- Keep your back straight.
- Use a smaller mop.
- Maintain a wide stance so the forces are distributed over more of your body.
- Move your feet to reduce twisting or bending your back.



**Mopping
floors**





Lowering back strain

- The same rules for mopping apply to sweeping.
- It's a good idea to switch sides (right-to-left) every so often.



**Sweeping
floors**



Lowering back strain

- Keep your back straight.
- Bend your knees.
- Use a dustpan with a handle to reduce bending



**Sweeping
floors**





Custodians commonly experience injuries from slipping on wet floors. Even if you don't fall to the floor you may pull a muscle while trying to avoid a fall



Slips, Trips and Falls



An extra degree of traction is necessary when you are stripping wax as the floor becomes extremely slippery

Make sure things you carry don't obstruct your view. Loose or wrinkled carpets should be straightened and secured.





Garbage bags can be difficult to remove from the container due to "suction effect". The ridge inside this garbage can is designed to reduce suction effect.



Safety Tips



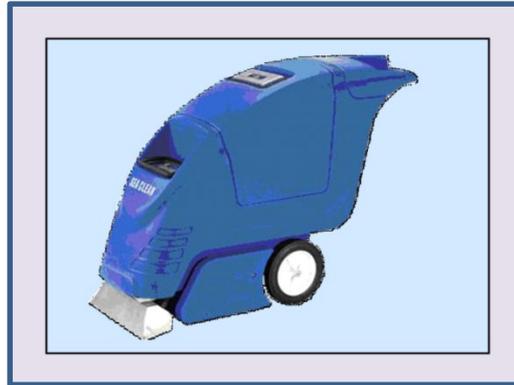
You can also reduce suction effect by poking a hole in the bag so air can escape...be careful!

Use an extension tool to reach high surfaces. It's easier on your body and you'll do a better job.





Machines & Equipment



Employers are required to train staff how to use equipment safely. Written safe work procedures and staff training is the best way to avoid musculoskeletal injuries.

St. James-Assiniboia School Division
Safe Work Procedure # 01
Cleaning a school washroom

Facility:	Written by:	Approved by:	Date Created:	Date of last revision:
All schools	SJSD Cleaners	Paul Deacon	April 9, 2007	January, 2011

Hazards Present:	PPE or Devices Required:	Additional Training Requirements:
Slip and fall, Blood-borne pathogens, Corrosive chemicals, L5/L6 Back injury	Rubber gloves, Non-slip footwear, "Wet Floor" sign, Goggles	Lift material handling training, Back to Back training, WHMIS

NOTES: Extra caution is required when young children are present.
Do not leave buckets with water or wet unattended unless they are in a room with the door closed.
Do not leave anton carts with spray bottles unattended.
If possible clean washrooms after day care children have left for the day.

Safe work procedure:

1. Make sure the washroom is vacant before you begin and ensure no one can enter while it is being cleaned.
2. Sweep the floor. Make sure you sweep behind the toilet.
3. Empty sanitary napkin disposal by removing wax paper liner. Replace wax paper liner.
4. Empty the garbage cans. Do not compress the garbage as it may contain sharps.
5. Apply disinfectant on bathroom fixtures and partition walls.
6. Lower toilet bowl water level by pumping the water with a toilet bowl mop.
7. While wearing goggles apply non-acid toilet bowl cleaner to toilets and urinals. Allow the chemical to "soak" for several minutes.
8. Rinse fixtures, walls and partitions with clean water.
9. Clean soap dispensers and mirrors with glass cleaner.
10. Refill the soap dispensers.
11. Mop the floor with floor soap and rinse.
12. Setup "Wet Floor" signs.
13. Remove all cleaning materials from the area.

Guidance documents:	Employee name:
<ul style="list-style-type: none"> • 2.1 Safe Work Procedures • 6.1 Personal Protective Equipment • 16. Workplace Hazardous Materials Information System 	Employee signature: _____
St. James-Assiniboia School Division Policy: <ul style="list-style-type: none"> • EBB-R Safe Work Procedures • EBB-A Personal Protective Equipment • EBB-B Managing hazardous chemicals/materials 	Date of review: _____

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