What Can Happen

- Cuts and bruises
- Wrist, elbow, and shoulder tendonitis
- Musculoskeletal injuries
- Carpal tunnel syndrome
- Electrocution
- Chemical-related injuries
- Infections

The following points are a few things to keep in mind while working, but the employer’s specific policies and procedures related to the job requirements should be reviewed with you by your supervisor/manager.

What You Can Do

- Watch for things that may cause accidents and report them immediately to your supervisor
- Place mops, buckets, and other equipment where no one can fall over them
- Practice safe lifting techniques – lift with your legs, not your back
- Be careful with cleaning solutions or chemicals – an MSDS must be available for all cleaning products – be sure to read and follow the instructions on them
- Use the right tools for the job, such as long-handled scrubbers to reduce stooping and bending while cleaning

Cleaning a Room

- Store cigarette butts and sharp objects in a separate, metal container
- Roll up all linen, rugs, and spreads before putting them in the soiled laundry bundle
- Wear rubber gloves when using strong cleaning solutions
- Push (don’t pull) tall or heavy pieces of furniture – get help if necessary
- Alternate tasks between your hands
- Take regular mini-breaks for stretching or moving to improve blood circulation and reduce muscle tension
Housekeeping Carts

- Use the wheel lock when the cart is stopped
- Pack the heaviest items (e.g., linens, towels) on the bottom of the cart
- Make sure that linens or towels are not hanging over cart edges
- Make sure your view is not blocked by loading supplies too high on your cart
- Check that all hazardous materials are properly labeled
- Keep your personal protective equipment (PPE) on your cart and wear it whenever it is necessary
- If your cart is too heavy to push, remove some items and return for them later
- Push the cart slowly at all times
- Never pull the cart – it may crash into you
- Keep your hands on the cart handle to avoid bruising them when going through narrow doorways
- Slow down and be aware of causing collisions at corners or intersections
- Keep to the right to avoid other traffic in the hallways

Safe Lifting

- Take a balanced stance – put your feet shoulder width apart
- Test the weight of the load before trying to lift it
- Get as close to the object as possible – squat down to pick up the load – making sure you have a secure grip
- Lift gradually and smoothly, keeping your back and neck straight
- Lift and carry the load close to your body
- Turn your whole body when carrying a load, instead of twisting your back

And Remember...

- Do not touch light switches or handle equipment when your hands are wet or you are standing on a damp floor
- Do not stand on the edge of bathroom tubs
- Do not mix ammonia and chlorine-based cleaners together – poisonous gas is produced
- Do not try to repair machines or equipment – report problems to your supervisor
- Do not run your hands along or inside objects unless you have checked first for razor blades, needles, broken glass, etc.
- Do not use your hands to compress garbage in a bag – use a stick or plunger

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