

SAFE AND HEALTHY WORK METHODS



→ SAFE BODY MECHANICS:

- Safe Stance
- Maintain Natural Curves of the Spine
- Use the Core, Buttocks, Thigh and Calf Muscles
- Use Safe and Effective Grip
- Work Within Your Comfort Zone
- Use Weight Transfer



→ TAKE CARE OF YOUR BACK:

use extension handles, lean against something solid/stable for support.



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



→ SLIDE OR ROLL OBJECTS RATHER THAN LIFT.



→ AVOID EXTRA TRIPS:

get all the information, then plan tasks.



→ 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 PERSONAL PROTECTIVE EQUIPMENT

and follow the policies/procedures of your facility when a client is in isolation.



→ WITH THE RIGHT EQUIPMENT, YOU CAN:

maintain correct posture, reduce effort, increase efficiency.



→ Decay/ breakdown

