

Mopping - Body Movement**Body movement**

- Alternate right and left hands at the top of the mop handle
- Maintain a neutral spine
- Avoid extreme wrist motions
- Use neutral body/shoulder position
- Take the mop for a 'walk'
 - By 'walking' the mop you use far less upper body motion
 - Use your legs to generate force by stepping or shifting weight
 - Keep arms close to body stabilize the shoulders



*Keep your elbows
close to your body*



Pad the handles



*Do not over extend your
reach to the right and left*

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Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!