

Wiping and Dusting

Extending the shoulder and arm to wipe forcefully with the whole hand for long periods of time is tiring. Wringing wet wash cloths produces forceful and repetitious twisting and bending of the wrist.

Cloth selection-size

Cloths should be large enough to be efficient but small enough to squeeze out excess water with no more than two squeezing motions.



Wringing

The twisting force of the wringing action gets out more water than a simple squeeze, but this can cause wrist injury when done repetitively.

- To avoid injury, hold one hand above the other to produce a squeeze action – this allows both wrist joints to be in a straight neutral position

Wiping Horizontal/ Vertical Surfaces

- Use effective cleaning products and let the cleaning products do the work
- Divide work into sections to allow task rotation
- Alternate arms to reduce muscle fatigue
- Use well designed tools that match your height, strength and endurance



Do Not Overextend Your Reach

Using a Desk Washer

A desk washer is a sponge mop with an extendable angled handle. It encourages the use of an 'elbows in' posture and allows you to remain upright. Use it to clean:

- Large unobstructed surfaces
- Lightly soiled surfaces where no scraping or scouring is required
- Low tables
- Non-streaking surfaces

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Safety Talk Discussion

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