



## INTRODUCTION SAFETY FILES

Daoust assigns a great importance to the safety and health of its housekeepers.



The risk of ergonomic complaints in housekeepers due to cleaning, lifting and hoisting is ever-present when tasks are not performed correctly.

Advice relevant to an ergonomic posture during work is therefore necessary and very important to protect your back, shoulders, and neck.

Did you know that we all have a “**basic curvature**” of our spinal column?

It varies a bit in every one of us but its basis is the “**S-curve**”. We all have a similar natural posture: concave neck, convex upper back and concave lower back. This natural posture forms a good basic posture while we work.

Other parts of the body also have a natural posture, just think of the (easier) power grip vs. the (more difficult) tweezer grip.



**DO**



**Power Grip**

**DON'T**



**Pinch Grip**

Ergonomy is based mostly on the natural postures shown above. Essentially ergonomics means **taking care of your body** whereby we as people are given priority.

Translated to the work-related context, ergonomics thus means the science that focuses on matching work equipment and working conditions to the characteristics of the worker, allowing workers to function optimally.

## How to promote working ergonomically?

Every day we regularly and unconsciously assume the same postures while we work. So that we can take care of our bodies, it is therefore important that these postures are evenly distributed throughout the body rather than focusing on certain zones of the body.

### How do you accomplish this?

The goal is to consciously deal with certain movements. We need movement, but how do we ensure that the body does not experience it as burdensome?

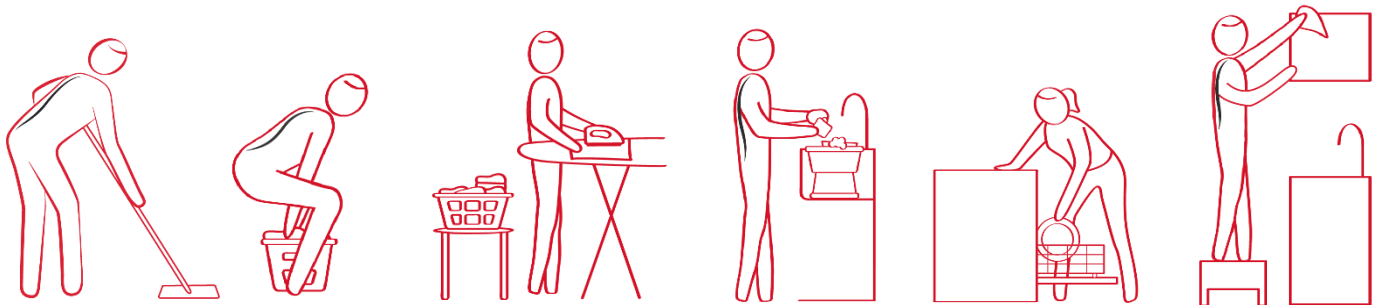
The answer to this is **variation**. Each activity in itself is not immediately tiring for us, but when we perform similar tasks all the time in succession (with similar posture) it can become a different story (e.g. sweeping, mopping, sanding,...).

### Variation in tasks offers a number of advantages such as:

- Fewer physical complaints;
- Less fatigue in specific zones in the body;
- More flexibility in your work planning;
- More job satisfaction;
- A higher quality of life.

### Moreover, small adjustments in your work posture also make a big difference:

- Look for **contact points** (for example, to increase the range of motion);
- **Put something up high** (for example so that you have to kneel less);
- Take a **broad base of support** (for example, stand stable and with a good balance).
- Minimum 15 minutes while seated performing tasks per 4-hour performance.



Sometimes certain postures, such as torsions, are unavoidable. In these situations, it is important to occasionally perform opposite or different movements. For example, make sure to occasionally stretch yourself, extending yourself upward and stretching the back when you spend much of the day working in a hunched posture while sweeping, vacuuming and mopping.

To put the above into practice, some tips were collected in different ergonomic sheets. Here you will find some tips and tricks per task that can be tested in your work situations. Take a look to see which tips might be of interest to you. On each page, there are also 2 stretches you can do to relieve your muscles.