



VACUUMING, SWEEPING, MOPPING, SCORING...

These tasks consist of similar postures. Just think of the typical forward bending posture in order to reach everything on the floor well.

Quick check:

- Does the handle reach approximately to shoulder height (mop and broom)?
- Is the handle of the vacuum cleaner adjustable?
- Is the bucket upright?
- Can I use multiple mop rags (e.g. wet mop or dry mop)?
- Do I have enough room to perform my work?

It is important to **regularly vary your posture**. Whenever you stay in one posture for too long, the same joints are put under stress the entire time, and this can cause the same muscles to grow fatigued. Changing your position can be achieved by **varying your tasks, but also by varying your position in the same task.**

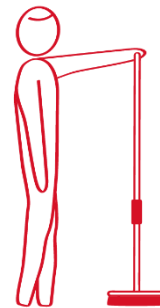
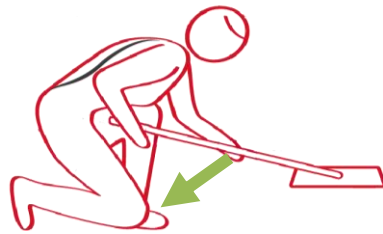
Tips:

Typical postures

1. Front-back spread stance:



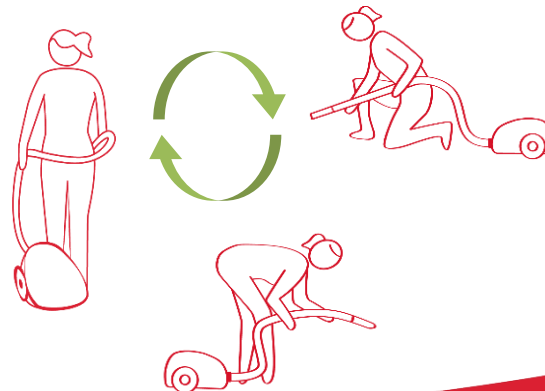
2. Check your tools.



3. Work close to and in front of your body.

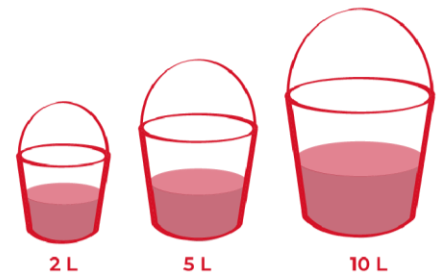


4. Vary your posture.



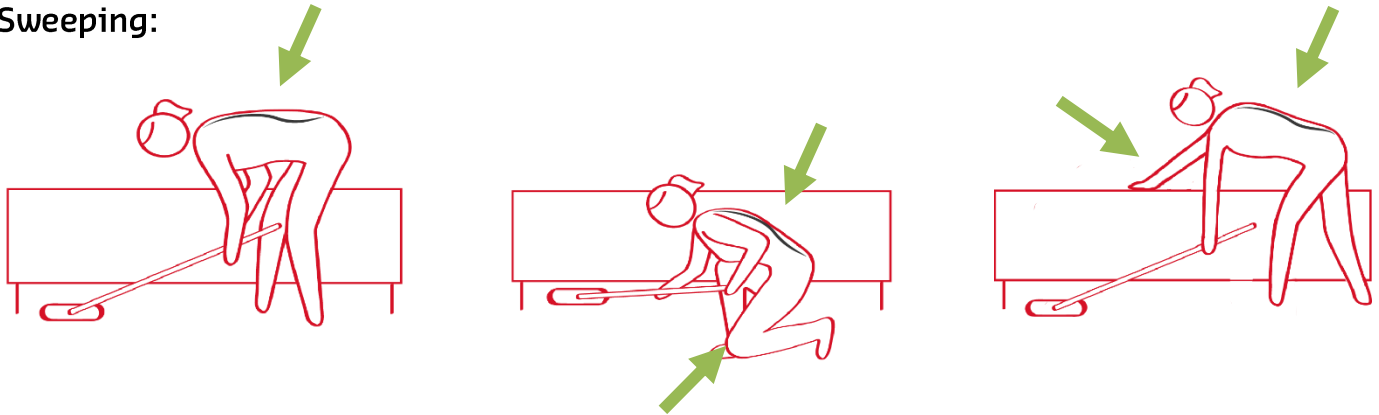
Points to remember with buckets

- Use less water in the bucket. Choose the right bucket where needed but never fill it to the top.
- Fill and change the water periodically.
- When wringing out rags distribute the force used over the muscles of your wrists, elbows, and shoulders.



Practical tips for variation within tasks

Sweeping:

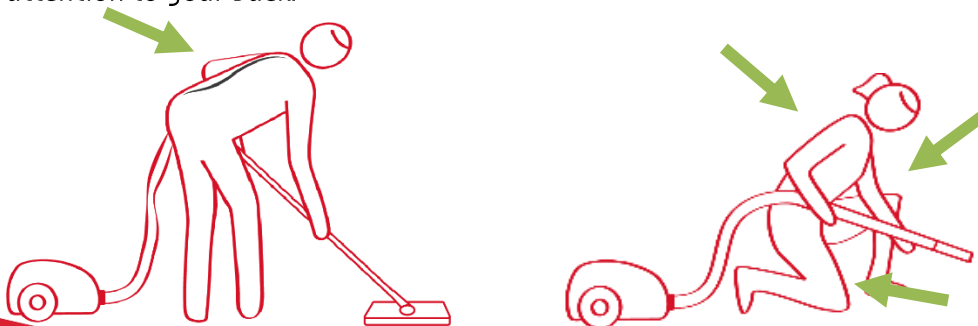


Vacuuming:

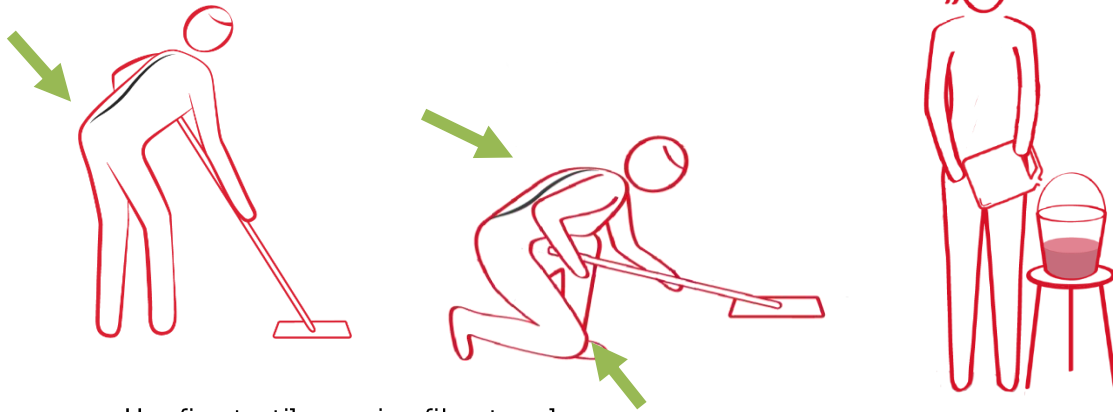
Less force needed or easy floor? Hold the sucking end vacuum hose tightly at hip height with 1 arm and hold the slack part of the hose tightly with the other.



Lots of force needed or difficult floor? Sometimes you have stubborn materials, then really use 2 hands and pay attention to your back.



Mopping:



- Use fine textile or microfibre towels.
- If you have more than 1 towel, wet only one of them and keep the other dry, so that you have to wring out less.
- Place the bucket or the other loads elevated if possible (use the sink, a stair step, or a chair and place a towel under the bucket).

Stretching exercises

Wrist stretch

1. Palm downward and draw your hand toward you.



Side stretch exercise (torso)

1. Stretch both arms upward and bend sideways.
2. When you bend, place one hand on your side.

