



## CLEANING THE BATH, SHOWER, & TOILET

Cleaning the sanitary facilities in the house is a particular challenge. Often you have to deal with fixed furnishings, hard-to-reach places, and larger surfaces.

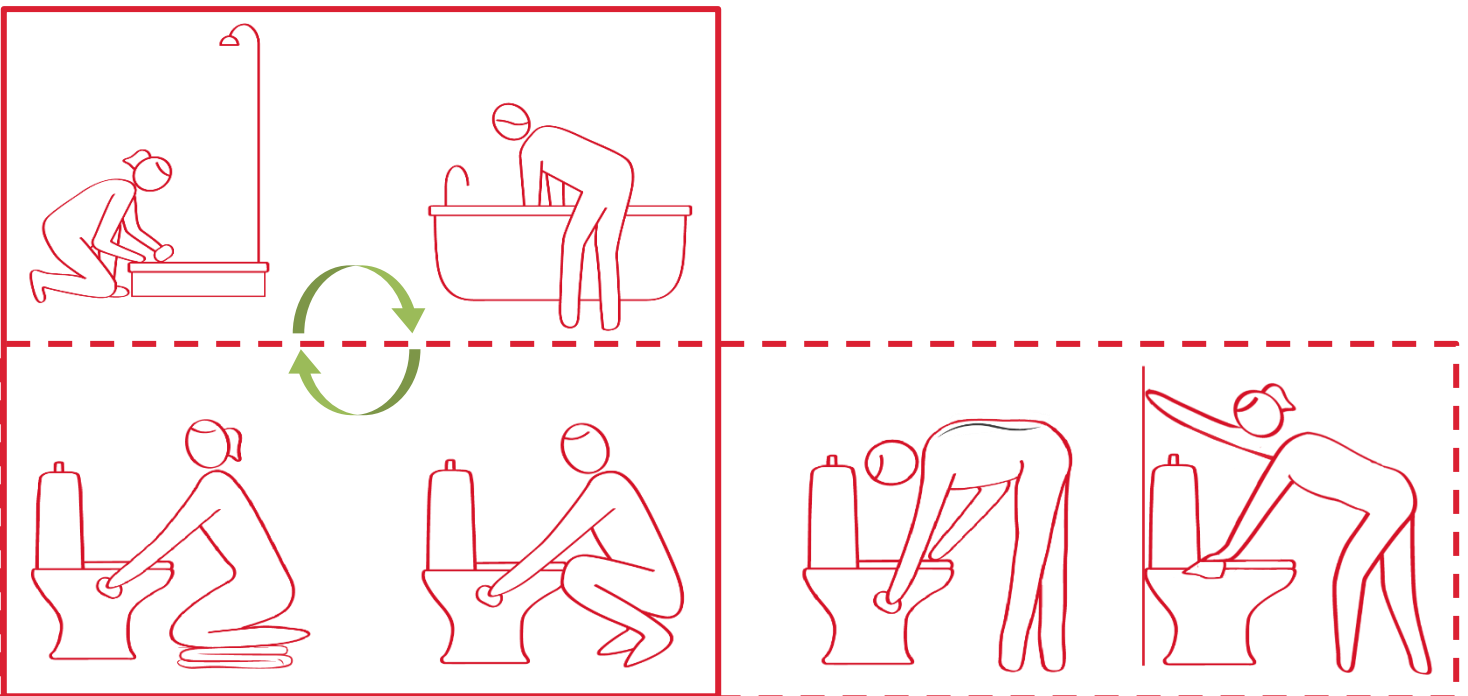
### Quick check:

- Do you have several microfibre towels? This isn't just important for hygiene but also so that you have to wring out less.
- Are your buckets elevated anywhere?
- Fill the bucket half full.
- Kneeling for a long time? Use a rolled-up bath towel.

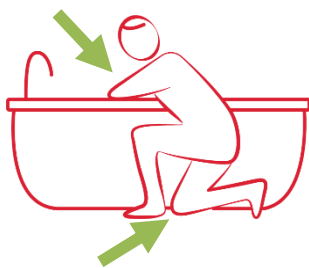
### Tips:

#### Change or vary your basic posture:

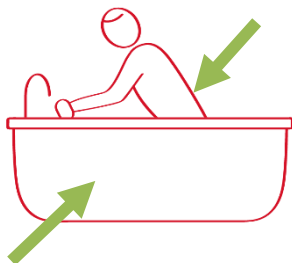
- In the same room. E.g. bath – toilet – sink
- Or in the same task. E.g. toilet cleaning



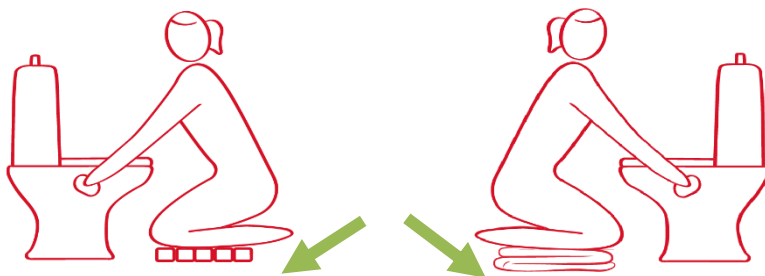
- Select support points.



- Work close to your body.



- Use a rolled-up bath towel/mat in kneeling position.



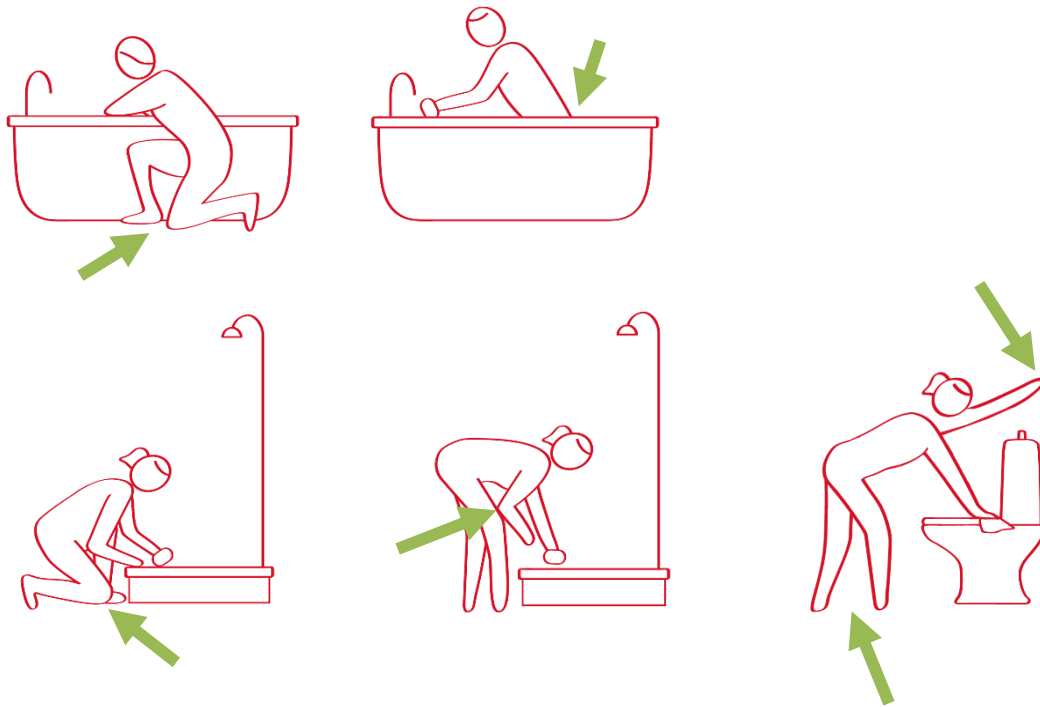
## Practical organisational tips:

- Place the **waste basket** in an **elevated position** to empty it.

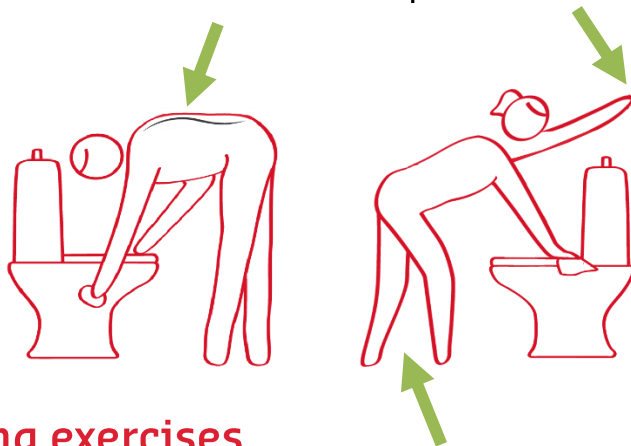


- Provide for **several microfibre towels** (in different colours). When you have several towels, you can always use a different towel for different tasks, and you will wring them out less frequently.
- **Start with the back wall** (of the bath, the shower, and the toilet) and **work toward you**.

- Select **support points** and work **close** to your body.
  - 1 foot over the edge in the shower or stand completely in the bathtub.



- **Switch** between different **basic postures**



## Stretching exercises

### Stretching the legs (hamstrings)

1. Sit down, stretch your leg out and draw your toes toward your nose.
2. Keep the knee straight and lean forward.



### Make your back concave and convex while sitting or standing

1. Sit relaxed with no back rest or stand upright but relaxed.
2. Raise yourself up as far as possible and then contract.

