



CLEANING WINDOWS

Cleaning windows frequently brings with it a slightly hunched posture in which the arms are also often far from the body. This posture causes large swivelling movements during window cleaning.

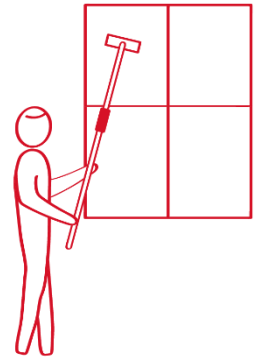
Quick check:

- Do you have the right material? Telescopic mop and good microfibre towels?
- Place your bucket near you and on an elevated surface, making sure there is a spot where you can put everything down at a comfortable height (rags, mops, ...)
- Using a step ladder for cleaning windows is prohibited.

Tips:

Make sure that you have a good basic posture:

- Place your feet in the front-back spread stance or sideways spread stance;
- Move from your legs;
- A telescopic handle is needed to reach and clean the surfaces above shoulder height.



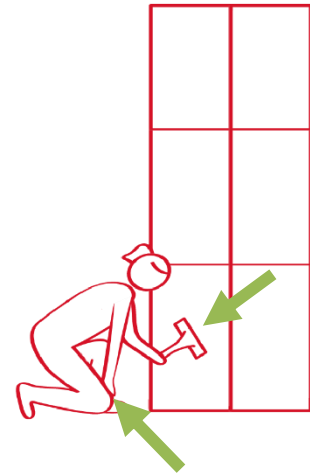
Measure out the fluid and place your feet:

- Separate large surfaces into zones so that you can work right in front of your body;
- Alternate between your right and left arm, this distributes the load.



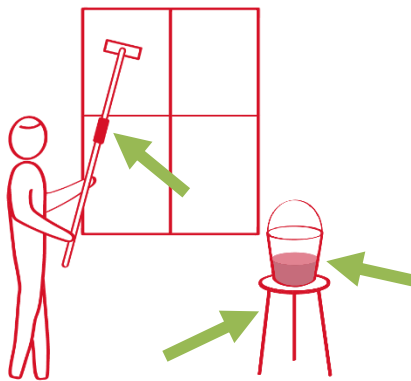
Select support points:

- Use support points on the window frame if you do not have adjustable tools.
- Place your hand on the non-polished part of the frame.



Use tools:

- Place your bucket on an elevated surface.
- Don't over-fill your bucket. Replace the water multiple times instead.



Stretching exercises:

Loosen up your wrists:

- Make a figure-8-motion with your wrists.



Loosen up your shoulders:

- Just rotate your shoulders a few times to the back and front.

