



DUSTING OR SCRUBBING

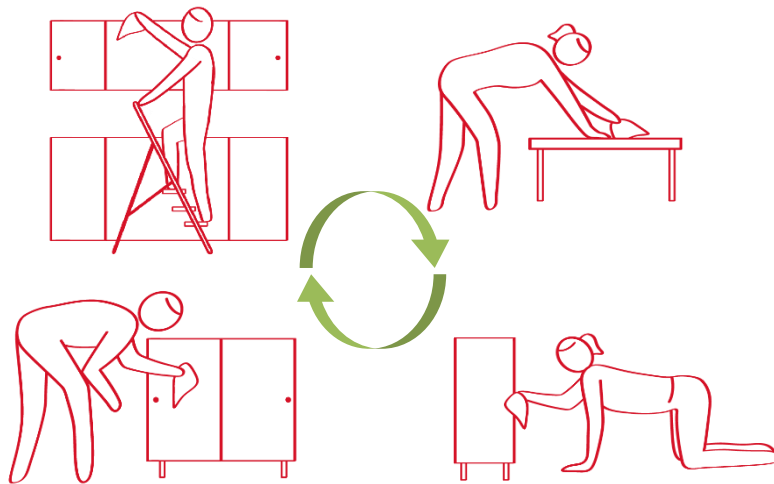
Many tasks during dusting are done above shoulder height or below knee height to be able to reach the top or bottom side of furniture. These heights often demand bending or extending from the back out.

Quick check:

- Do I have the needed materials? An adjustable broom or feather duster, microfibre towels, stepladder,...
- Can the stepladder (max. 3 steps, anti-slip & railing) safe, stable, and placed nearby?
- Is there a contact point in your direct environment so that you can work in a stable position?

Tips:

Where possible, alternate the working height and adapt the most relevant basic posture (front-back or sideways spread stance).

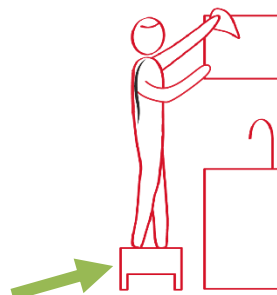
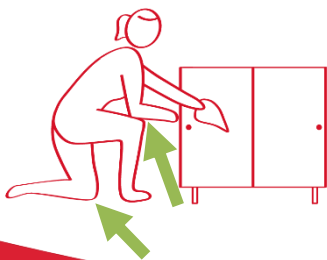


Select support points

(e.g. on a cabinet or your knee)

Use tools

Place your feet



Practical tips:

- Supply several microfibre towels (wet, dry) but also in different colours (link the colours for example with wet rooms and dry rooms).
- Work zone by zone. This helps you switch more easily between different postures.
- Certain tools can be used easily when dusting and scrubbing:
 - Feather duster
 - Telescopic handle
 - Microfibre towels



Stretching exercises:

Double chin

- Make a double chin
- Make sure your nose points ahead.



Stretch

- Stretch the upper legs.
- Choose a sturdy support point nearby.

