

HOOVERING & CLEANING THE STAIRS

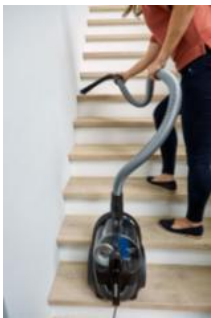
It is important to be extra careful when cleaning the stairs, as it puts significant strain on your back and various joints.

Quick check:

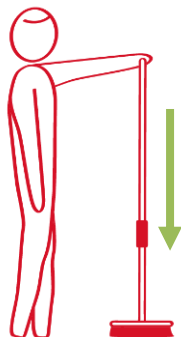
- Are the stairs clear?
- Where can I place my equipment so that it doesn't get in the way?
- Preferably use a cordless vacuum or a handheld vacuum cleaner when cleaning the stairs.
 - If this is not possible, check in advance where you can plug the vacuum cleaner?

Tips :

Typical postures



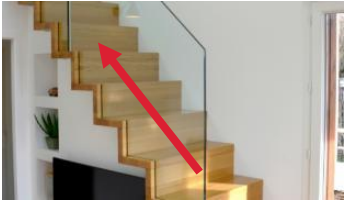
Whether you are hoovering or cleaning, avoid standing with both feet on the same step. The position with one foot forward and one foot back is more stable and helps you maintain the S-curve of your spine.



The length of the handle should be adjusted to reduce the distance between you and the stairs.

Tips

1. To avoid putting too much strain on your back, it is best to move your equipment in multiple steps.
2. It is ideal if the customer has a smaller, lighter vacuum cleaner available.
3. Do not hesitate to use as many support points as possible to reduce pressure on your spine.
For example, when cleaning the stairs, rest your free hand on the steps..



When hoovering stairs, it is better to plug the cord in at the bottom, but this is not always possible. If you need to plug it in at the top of the stairs, make sure the cord has some slack. The power cord should be placed to the side to reduce postural strain and the risk of tripping.

It is best to work from bottom to top when hoovering the stairs. By placing the vacuum cleaner on the step in front of you and using a support point, the strain on your spine is reduced. Additionally, place the hose over your shoulder to minimize the risk of falling and reduce the strain on your upper limbs.



It is best to work from top to bottom to avoid stepping on slippery or wet steps. If you are using a telescopic handle, you can shorten it to your ideal height.

Points to consider with buckets

- Use a 5-liter bucket when cleaning to reduce strain on the back and upper limbs.
- Place the bucket at the bottom of the stairs to prevent it from tipping over or tripping over it.



Stretch oefeningen

- Rotate the shoulders several times backwards and downwards.
- Side stretch exercise (torso)
 - Stretch both arms overhead and bend sideways.
 - Place one hand on your side during the bend.

