

# Protect your injury hot spots

Cleaners/Janitors



photo: Joan Lewis, Cleaner

## SOURCES

WorkplaceNL injury prevention database based on eight years of accepted claims. Figures shown refer to the most common injuries by body part and do not represent 100 per cent of injury claims.

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COMMON INJURIES

# FACTS

## Injury Hotspots Cleaners/Janitors



### Prevention Tips

#### LIFTING, PUSHING, PULLING AND HANDLING MATERIALS

- Have bulky materials delivered or use mechanical load shifting devices.
- Heavy or awkward loads should have lifting points or handles fitted.
- Ask for smaller sizes when ordering materials.
- Use personal protective equipment (PPE) suited to the task and material being used.

#### REPETITIVE WORK / AWKWARD POSTURES

- Use powered, mechanized equipment, e.g. scrubbing machines, wet vacuums, high speed in-line polishers.
- To avoid overstretching, use extension tools, e.g. angled brushes, long-handled window squeegee or wall scrubber allowing two-handed grip. Use a ladder or step stool to reach.
- When workers must do similar work for long periods, rotate tasks.
- Take regularly scheduled breaks.

#### SLIPS, TRIPS, AND FALLS

- Ensure that all floors are level throughout work areas and there are no temporary or permanent obstructions posing any risks.
- Ensure good housekeeping.
- Footwear and floor surfaces should be non-slip.
- Ensure procedures such as warning signs, barriers, and immediate cleanup are in place when wet cleaning and when handling spills.

#### CUTS, GRAZES AND LACERATIONS

- Provide sufficient sharps containers so needles are not disposed of in bags.
- Clean equipment that may be sharp with tools that keep hands away, e.g. brushes, scrapers, or mesh gloves.
- Ensure equipment is isolated and locked out before cleaning.

#### NOISE

- Use the quietest powered equipment available, e.g. scrubbers, vacuum cleaners.
- Place hearing protection required warning signs on mobile cleaning equipment as appropriate.
- Noise controls should be implemented if employees are exposed to excessive noise (e.g. noise exceeds the exposure standard, workers have to raise their voices to communicate over a distance of one meter).

#### CHEMICAL HANDLING

- Substitute hazardous chemicals with safer substances.
- Ensure you have been trained in Workplace Hazardous Materials Information System (WHMIS) if working with controlled substances.
- Ensure Material Safety Data Sheet (MSDS) are available for use and wear PPE as indicated on the MSDS.

#### EYE PROTECTION

- Wear CSA approved protective eyewear that is appropriate to the conditions of the workplace.

For additional information please contact:

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