

# Protect your MSI Hotspots

Cleaners and Janitors



MSI, or musculoskeletal injuries, are injuries or disorders of the muscles, tendons, ligaments, nerves, discs or related soft tissue.

**WorkplaceNL**

Health | Safety | Compensation

# MSI Hotspots

## Cleaners and Janitors



## Prevention Tips

### Repetitive work, awkward and sustained postures

- Use powered, mechanized equipment (like scrubbing machines, wet vacuums, and high speed in-line polishers).
- Avoid overstretching. Use extension tools (like angled brushes, long-handled window squeegee or wall scrubber allowing two-handed grip). Use a ladder or step stool to reach.
- Alternate tasks throughout the day. Avoid repeating the same task or holding the same postures for extended periods.

### General

- Warm up your body before performing work.
- Take regular breaks to stretch and rest your muscles.
- Maintain a healthy lifestyle. Be active, keep a balanced diet, drink plenty of water and get enough rest.
- Wear appropriate clothing for safe lifting and handling tasks. Choose comfortable, cushioned footwear that supports your feet and ankles to prevent pain from standing for extended periods.
- Report ergonomics-related concerns and any signs or symptoms of MSI to your supervisor.

### Lifting and handling

- Use a trolley or other manual handling aids when moving equipment and supplies.
- Use equipment that is fit for purpose and maintained in accordance with manufacturer's specifications.
- Push, pull, or slide objects rather than lift when possible. In most cases, push instead of pull.
- Check the weight of items before lifting. Break into smaller loads. Make more, lighter lifts. Have bulky materials delivered.
- Check your path of travel. Wedge doorways open or have someone open them for you.
- Install lifting points or handles on heavy or awkward loads.
- Store heavier and commonly used items between mid-chest and mid-thigh height.
- Support other co-workers in lifting and handling practices.
- Get training in proper use of equipment and lifting and handling methods.