

## Ergonomic Risk Factors in Cleaning Tasks and Potential Solutions

Task	Risk Factors	Potential Solutions
Dusting and Scrubbing	<ul style="list-style-type: none"> <li>• Reaching</li> <li>• Bent back</li> <li>• Squatting</li> <li>• Kneeling</li> <li>• Bent wrists</li> <li>• Hand force</li> <li>• Repetitive motions</li> <li>• Loose-fitting gloves</li> </ul>	<ul style="list-style-type: none"> <li>• Long-handled tools</li> <li>• Angled tools</li> <li>• Lightweight cleaning heads (e.g., microfiber)</li> <li>• Squeegees for cleaning glass</li> <li>• Battery-powered scrubbers</li> <li>• Appropriately sized gloves</li> </ul>
Vacuuming	<ul style="list-style-type: none"> <li>• Pushing and pulling forces</li> <li>• Lifting</li> <li>• Repetitive motions</li> <li>• Grip force</li> <li>• Bent wrists</li> <li>• Bent back</li> </ul>	<ul style="list-style-type: none"> <li>• Lightweight canister, backpack or self-propelled upright vacuums</li> <li>• Height-adjustable loop handles</li> <li>• Wide area vacuums for hallways and large rooms</li> </ul>
Mopping	<ul style="list-style-type: none"> <li>• Lifting</li> <li>• Carrying</li> <li>• Hand force</li> <li>• Repetitive motions</li> <li>• Bent back</li> <li>• Elevated shoulders</li> </ul>	<ul style="list-style-type: none"> <li>• Hose to fill bucket at ground level</li> <li>• Bottom-draining buckets</li> <li>• Lightweight mop heads</li> <li>• Adjustable length handles</li> <li>• Microfiber mops, vapor steam cleaners or no-touch cleaning systems</li> </ul>
Stripping and buffing	<ul style="list-style-type: none"> <li>• Hand force</li> <li>• Bent wrists</li> <li>• Repetitive motions</li> <li>• Pushing and pulling</li> <li>• Vibration</li> </ul>	<ul style="list-style-type: none"> <li>• Ride-on or walk-behind floor machines</li> <li>• Equipment maintenance programs</li> </ul>
Handling trash	<ul style="list-style-type: none"> <li>• Lifting</li> <li>• Added force to overcome trash can suction</li> <li>• Carrying</li> <li>• Pushing and pulling</li> </ul>	<ul style="list-style-type: none"> <li>• Smaller trash bags</li> <li>• Vent holes or channels in trash cans</li> <li>• Side-opening trash containers</li> <li>• Locating dumpsters underneath loading docks</li> <li>• Mechanical trash dumpers</li> </ul>
Moving furniture	<ul style="list-style-type: none"> <li>• Lifting</li> <li>• Carrying</li> <li>• Push and pull forces to fold cafeteria tables</li> </ul>	<ul style="list-style-type: none"> <li>• Lightweight and/or wheeled furniture</li> <li>• Wheeled lifting devices such as desk lifts, table dollies</li> <li>• Friction-reducing aids such as air skids/furniture glides</li> <li>• Spring-assisted folding cafeteria tables</li> </ul>