

## Summer Projects and Body Mechanics

Summer is the perfect time to conduct large scale improvement or maintenance projects around campus when students are no longer present. Such projects may require the use of larger, possibly unfamiliar, equipment, or may involve tasks and movements (or muscles) that are only performed once per year. It is important to remember stretching and proper body mechanics to reduce the possibility of an injury. Listed below are some ideas for summertime projects and the corresponding body mechanics tips to remember.

### Floor maintenance:

- ❖ Repair damaged floor tiles. Strip/wax floors.
  - To do so, furniture must be moved. When moving furniture, use a dolly or other mechanical devices to limit back strains. When possible, work in teams.
  - Avoid overreaching or attempting to lift/move items beyond your capacity.

### Window maintenance:

- ❖ Deep clean windows. Replace cracked windowpanes.
  - When using ladders, do not overreach; this can lead to loss of balance and possible falling. Always lower yourself and reposition the ladder to access hard-to-reach areas.

### HVAC systems:

- ❖ Replace HVAC filters; bring a shop vacuum as dust may have accumulated in the filters.
  - Evaluate wearing a dust mask and goggles when replacing HVAC filters.

### Playground/Athletic equipment and grounds maintenance:

- ❖ Rake, level off, and replenish loose fall protection surfacing. Replace worn-down swing chains. Check for loose, damaged or missing pieces of equipment, sharp edges, or protruding bolts/objects.
- ❖ Check for large cracks or elevated areas of sidewalks and other walking surfaces.
- ❖ Inspect for landscape safety concerns including protruding tree roots, low hanging limbs, and bushes encroaching walkways.
  - Complete outdoor tasks earlier in the day to beat the summer heat.
  - Always have access to shade and water.

