

# SAFETY SPOTLIGHT

## SUMMER CLEANING SAFETY



The summer break is when the maintenance and custodial staff begin the “heavy lifting” necessary for the deep cleaning and many deferred maintenance projects. It is important to understand the physical demands placed on the summer crews and be proactive in helping them avoid injuries. Read on for safety areas to consider.

### Identify General Cleaning Demands

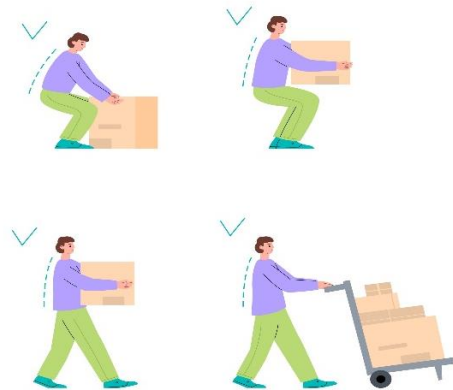
- Custodial staff may be tasked to remove all the furniture from a classroom and clean which could include stripping, waxing the floors or shampooing the carpet.
- Walls, windows, and furniture may need to be wiped down, cleaned/painted. After cleaning, all furniture will be returned to the classroom.
- Additional tasks may include painting, electrical work, plumbing, window cleaning and/or installation, and minor renovation.
- Maintenance employees will routinely change out ceiling light bulbs in classrooms, hallways, and gymnasiums.

### Injury Prevention Techniques

One of the leading causes of workplace injuries are caused by overexertion and cumulative trauma. Using smart lifting practices could help prevent such injuries:

- To prevent repetitive strains, use a hand truck, desk mover, hydraulic garbage can lift, etc., and/or ask for assistance when the load is heavy.

- If physically lifting, the best position to lift from is in the shoulder-to-waist area.
- If lifting from a lower level, keep your feet apart and squat down as close to the object as possible. Set your feet shoulder-distance apart and gently lift the object using your legs, abdominal, and gluteal muscles.
- Bend your knees and keep your back straight.
- Reduce the amount of weight whenever possible by breaking the load down into manageable sizes.
- Make sure pathways are clear before moving items.



### SAFE WEIGHT LIFTING

### Other Safety Measures to Consider

- When stripping and waxing floors, be sure proper signage is displayed before, during, and after working hours.
- Wear appropriate personal protective equipment (PPE) for each task and avoid taking shortcuts.
- Train staff to use equipment properly and use supplies as directed on labels. Read the labels of the chemical used and for what application purpose.
- Be sure that expectations to adhere to safety precautions are clear and consistent.
- Be sure staff have safety training specific to their job duties including, but not limited to injury reporting, bloodborne pathogens/hazardous communication training, asbestos awareness, etc.

**Please contact your ASCIP Risk Services Consultant or our Risk Services team at [RM\\_Info@ascip.org](mailto:RM_Info@ascip.org) for questions or to discuss further.**

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