



# Safety Precautions for You

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Most workplace incidents and injuries can be prevented by identifying and understanding specific hazards, and taking steps to eliminate them. In this section, we will outline some safety precautions that we can take to ensure your safety at all times.

## Identifying Hazards

Identifying hazards can be quite tricky when you don't know what you're looking for. Before you start working, we will make sure that you are made aware of all potential hazards while walking through a work site. When you begin your in-person training, we will go through in detail about the different hazards associated with the different areas of our work.



# How to Identify Hazards

Identifying hazards is all about understanding what goes on in your workplace. Follow these guidelines to begin identifying different hazards while working.

- Consider the aspects of your job – your location, time of day, circumstances that may occur during that time of day, etc.
- Consider previous incidents – Have there been any incidents in your workplace, and what happened? What about businesses nearby your location, or previous work locations?
- Ask your coworkers – ask for their input regarding problems, concerns, and possible solutions for working along at a specific job site.



# Potential Hazards While Cleaning

We have gone over several general hazards that can occur while working at any job. In this section, we will be covering some more specific areas, and what we can do to prevent injury and mental stress.

Here is an overview of some of the topics we will be covering:

- Working Alone
- Dealing with Fatigue
- Managing Stress
- Using Proper Posture while Cleaning
- Working with Chemicals



Take a look at this video for a better understanding of potential hazards you may come across while cleaning:



# Working with Chemicals

Not surprisingly, cleaning chemicals are another significant hazard for commercial cleaners. In poorly ventilated areas, the vapors that chemical cleaners produce can be toxic when inhaled or in some cases when they meet human skin.

Even though our cleaning products are non-toxic and eco-friendly, please ensure that your face is at a reasonable distance from the chemicals. Do not clean with powerful chemicals in a room with no vents or windows.



# Working Alone

When you are first starting out, you will never be working alone. Once you become a Rockstar cleaner, you may end up working on your own during the day. Late at night, however, you will always be with a partner while you are cleaning. This is to ensure your safety while cleaning in the building, and going to and from other jobs.

## What to do when you are working alone:

If you are working alone, follow these tips to help keep yourself safe.

1. Lock the door behind you once you enter a building
2. Do not leave any doors or windows open while cleaning
3. Do not leave valuables where they can be viewed from outside of a building
4. Check your surroundings before returning to your vehicle



# The Risks of Working Alone

While we do our very best to always keep you safe, incidents or injuries may occur while working alone at a job site. Here we have outlined some potential hazards that may occur while you are working.

## 5 Common Risks Faced by Lone Workers:

1. Verbal or physical abuse from members of the public
2. Since we do commercial cleaning, you generally are not around any members of the public
3. Injury arising from work being carried out.
4. Delays in treating or responding to emergencies, due to lack of immediate access to help or first aid.
5. Inadequate monitoring of fatigue and general welfare while working alone
6. Manual handling incidents (pushing, pulling, lifting, carrying)



# Examples of Potential Hazards

Hazard	Example
Motor Vehicle Accident	Driving alone on a rural or unfamiliar road.
Falls	Using a stepladder, going up and downstairs.
Sprains and Strains	Lifting something heavy to mop or vacuum underneath it.
Violence	Being approached by someone while loading equipment into your vehicle.
Chemical Exposure	Being around toxic cleaning products, paint products, or other hazardous materials used by the business you are cleaning for.



# Minimizing Risks of Working Alone

There are many things that we can do while working alone to minimize the risk of incident or injury. Here are a few guidelines to follow:

- Learn to perform all tasks safely (using the vacuum, proper mopping, etc.)
- Always wear your personal protective equipment (gloves, masks, etc.)
- Lock the door as soon as you enter the building that you are cleaning.
- Be aware of your surroundings while walking back to your car.
- Be assured that we will take all precautions necessary to eliminate any risks associated with working alone.



# Fatigue

Fatigue is a term used to describe an overall feeling of tiredness or lack of energy. With fatigue, you have unexplained, persistent, and relapsing exhaustion. While this can occur with any job, fatigue is more common in jobs that involve manual labor. In this section, we will go over some causes of fatigue, and what you can do to combat them.



# Causes of Fatigue

Fatigue can be caused by a number of factors, including lifestyle, and physical or mental health conditions. We will look at a few work-specific things that can contribute to fatigue.

- Repetitive or strenuous tasks
- Temperature
- Noise levels
- Light levels
- Vibration
- Night shifts or being awake between midnight and 6 a.m.
- Extended shifts or overtime
- Irregular shift rotation patterns
- Physically or mentally demanding work



# Minimizing the Risks of Fatigue

- Good sleep practices
- Working in good lighting (turn lights on when cleaning a space)
- Drink water
- Make sure to pack a lunch!
- Use stress-reducing practices.
- Identify workplace activities, situations, or tasks where being fatigued could increase the risk of harm.



# Preventing Poor Posture While Cleaning

Cleaning is manual labor, and with manual labor comes risks of lower back and spinal injury. Taking precautions to ensure that our posture is correct while cleaning is vital to staying safe while on the job.

## What to do:

- Vacuuming: Maintain a small lunge position. Use the momentum of your body to move the vacuum instead of your arms.
- Try not to overextend or slouch while vacuuming.
- Dusting and Disinfecting: Take a load off of your back by propping your inactive arm on your thigh, or on the item you are cleaning
- Sweeping and Mopping: Instead of using your back for momentum, use your arms and legs.
- Sweep or mop 1 or 2 feet in front of you, so you are not extending your back.
- Keep your body facing in the same direction. This might mean you need to move your whole body around and take small steps.