

# CLEANING ERGONOMICS



## Picture Guide to prevent cleaning occupational diseases and accidents



Co-funded by  
the European Union

# Why is ergonomics important in cleaning?

**This material is intended to accompany the 20 guidance videos produced by the Erasmus+ project Cleaning Ergonomics – to prevent occupational diseases and accidents in cleaning.**

The most common accidents in the field of cleaning are falls, sprains, incisions from objects, and knockdowns against objects. At the top of the occupational diseases list there is pain in the lower back, shoulders, and neck. Also, the share of mental tension and stress grows from year to year.

Learning and using ergonomic and safe work methods is extremely important, both when starting a working career and as an experienced cleaner.

## **Basic ways to minimise physical occupational risks are to avoid:**

- repetitive work;
- reaching;
- bending;
- awkward postures;
- static postures;
- lifting heavy loads.

Task variation is highly recommended!

## **Basic ways to minimize mental occupational risks are to provide:**

- clear work instructions;
- cooperation between the cleaner and the cleaning manager;
- reasonable workload;
- guidance of the cleaner;
- time for breaks.

# Pre-moistening



Youtube Video



# S-Mopping



Youtube Video



# Push mopping



Youtube Video



# Choosing a machine instead of mopping



Youtube Video



# Vacuuming



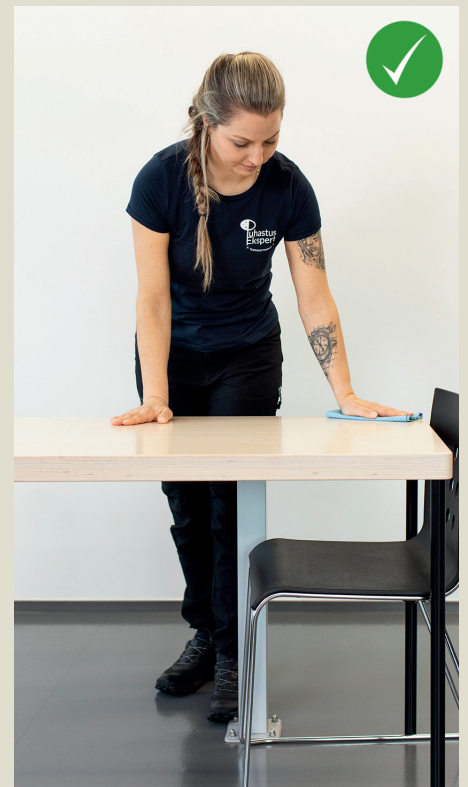
Youtube Video



# Wiping a flat surface



Youtube Video





# Wiping with an interior mop



Youtube Video



# Cleaning vertical surfaces



Youtube Video



# Working at heights



Youtube Video



# Bending down



Youtube Video



# Use of chemicals



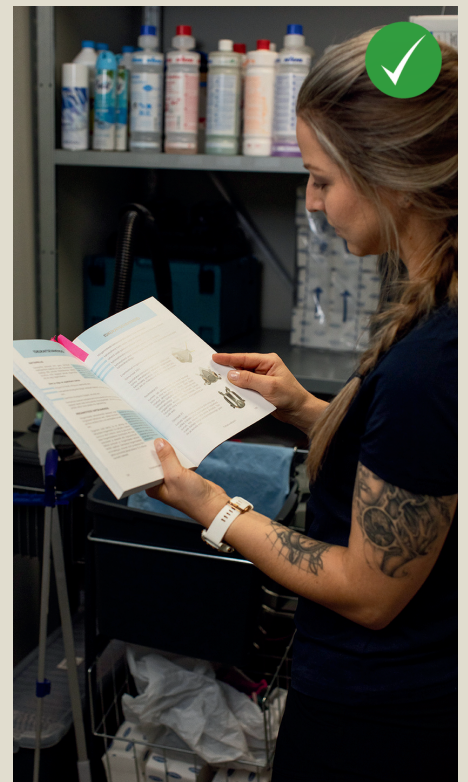
Youtube Video



# Importance of PPE



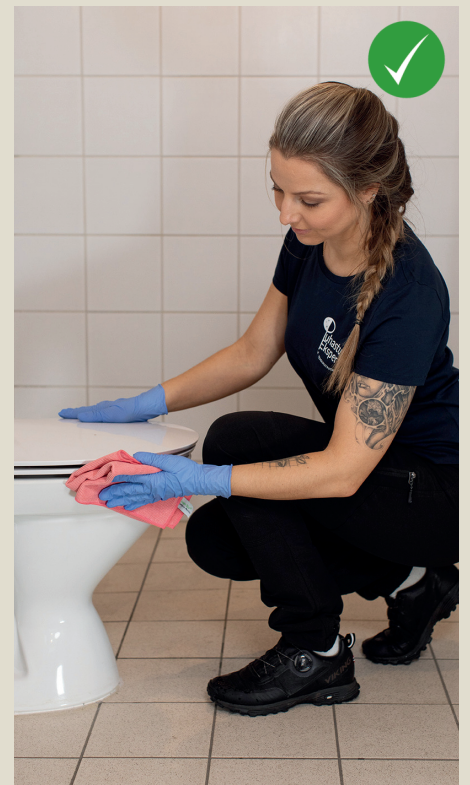
Youtube Video



# Proper working shoes and clothes



Youtube Video



# Lifting loads



Youtube Video





# Taking microbreaks



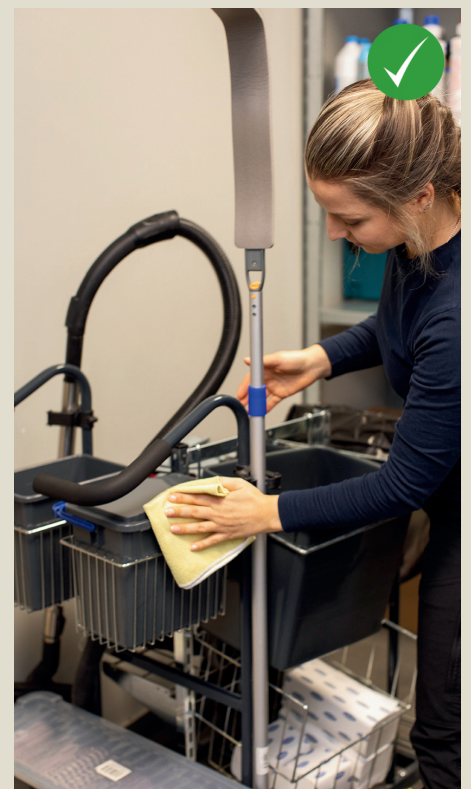
Youtube Video



# Well organised cleaning trolley



Youtube Video



# Obstacles causing awkward positions



Youtube Video



# The knowledge what is included in the job



Youtube Video



# Co-operation with the customer



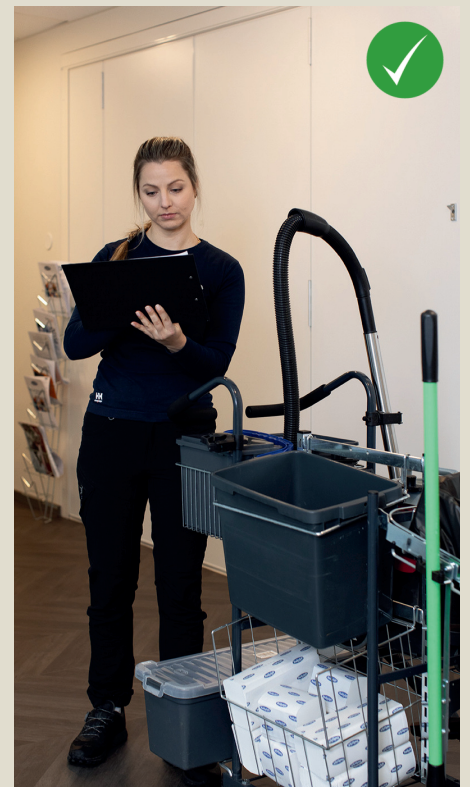
Youtube Video



# The importance of guidance by the supervisor



Youtube Video



# Project information

This Picture Guide is one of the outcome of the Erasmus+ project Cleaning Ergonomics – to prevent occupational diseases and accidents.

## During the project:

- practical Smart-Wear measurements have been made to clarify which cleaning activities burden the body more and which less;
- research has been carried out, both among cleaning staff and cleaning managers in order to find out which factors are the most burdensome in cleaning work, both mentally and physically;
- 20 educational videos presented in the picture guide were produced, which are indicated by the QR codes next to each topic.
- educational materials for teaching cleaning ergonomics in produced.

All project outputs can be viewed on the project's website:

<https://ergoclean.eu/>



The results of the project have been completed in cooperation between 4 countries:

**Estonia** (Puhastusekspert OÜ)



**Finland** (Propuhtaus)

*propuhtaus*



**the Netherlands** (SVS b.v.)



**Hungary** (Brite-Sol  
Korlátot Felelősségű Társaság)

Brite-Sol



# CLEANING ERGONOMICS

An illustration of a person with brown hair, wearing a green long-sleeved shirt and blue pants, holding a long-handled cleaning tool (like a mop or squeegee) and standing on a horizontal line.

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