HEALTHY WORK METHODS



→ BASIC **POSTURE:**

head held straight, shoulders relaxed, back straight, not twisted, arms close to the body, feet spread apart.



\rightarrow AVOID **EXTRA TRIPS:**

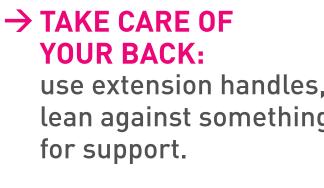
get all the information, then plan tasks.



→ WITH THE RIGHT EQUIPMENT, YOU CAN:

maintain correct posture, reduce effort, increase efficiency.









→ REDUCE **HEAVY** LOADS.





→ KEEP KNEES BENT **AND USE THIGH STRENGTH** TO DO THE WORK.







→ REDUCE REPETITIVE MOTION:

when working, alternate from one hand to the other, give the cleaning product/disinfectant time to do its work.



→ SLIDE, ROLL, OR PIVOT, **RATHER** THAN LIFT.

→ WEAR THE APPROPRIATE **SAFETY EQUIPMENT**

and follow the rules of your facility when a client is in isolation.



Association paritaire pour la santé et la sécurité du travail du secteur affaires sociales