



FACT SHEET

Department of Environmental Health and Safety
Albert Einstein College of Medicine of Yeshiva University

Safety is Everyone's Responsibility

Phone: 718 430-4150

e-mail: safety@einstein.yu.edu

FAX: 718 430-8740

SAFE WORKER PRACTICES for JANITORS and HOUSEKEEPERS

- What causes injuries?
 - Lifting, pushing, or pulling too much weight
 - Sample load before you lift
 - Lighten load if necessary
 - Ask for help
 - Use proper lifting mechanics
 - Keep weight close to body when lifting
 - Bend at the knees while lifting
 - Do not twist the body while lifting
 - Push weight rather than pulling
 - Use mechanical devices for lifting and moving
- What causes injuries?
 - Working in awkward postures
 - Kneeling to clean difficult-to-reach places – such as bathroom floors
 - Bending or twisting the back – such as emptying trash containers into dumpsters
 - Overhead reaching – such as pulling boxes off of high shelves
- What causes slips, trips, and falls?
 - Slips occur due to...
 - Wet, waxed, or oily surfaces
 - Spills
 - Weather – ice, rain snow
 - Loose or torn rugs or mats
 - Wrong shoes – slick soles, high heels
 - Trips occur due to...
 - Obstructed view
 - Poor lighting
 - Wrinkled carpeting
 - Cords, pens, and other items left on the floor
 - Uneven surfaces – such as steps and thresholds
 - Preventing Slips, Trips and Falls
 - Clean spill immediately
 - Mark spills and wet areas with warning signs
 - Use appropriate absorbent for viscous material
 - Keep floor free of clutter
 - Repair loose or torn carpets
 - Replaced burned out lighting
 - Wear proper footwear
 - Wear proper fitting clothes
 - Use handrail on stairs
 - Take your time – no rushing
 - Don't block your vision when carrying items
 - Be attentive; avoid over-exertion; practice safe lifting techniques; ask for help
- **Slightly risky actions can result in very serious injuries!**