

Janitorial safety

Janitors, custodians, and housekeepers providing services in homes, schools, and offices face a variety of tasks and hazards

To prevent hazards

- Wear comfortable, slip-resistant shoes to avoid slips and falls, as well as long-sleeved shirts and long pants
- Put on chemical-resistant gloves and splash goggles when pouring, mixing, spraying, and using chemicals
- Wear work gloves to protect your hands when you do odd jobs
- Wear safety glasses to protect your eyes from debris and dust
- Wash your hands before eating, smoking, and between tasks to avoid contaminating what you are consuming with chemical residue

Using chemicals

- Read their Safety Data Sheets (SDS) to understand the known hazards and their routes of injuring you or making you ill
- Because chemicals are often concentrated, know the proper mix ratio and uses
- Stay in well-ventilated areas and never mix chemicals unless instructed to do so by the manufacturer
- Take care around hot water to avoid burns

How to avoid back strains and injuries

- Keep your muscles strong and stretch before, during and after work
- Take mini-breaks throughout the day and rotate your tasks
- Learn proper lifting techniques and know what you can safely lift; ask for help with heavy or awkward loads

Hand trucks, rolling buckets and housekeeping carts

- Keep them in good condition with easy rolling wheels
- Keep the load in front of you and lean in the direction you are going
- Push the load; pulling can lead to strains and injuries
- Watch for people, obstacles, slopes, and drop-offs in your path
- Remember when working at heights, practice ladder safety

Floor maintenance

- Perform floor maintenance when few people are around and always use caution signs for wet floors and spills
- Mopping and sweeping are repetitive motions, so avoid a tight grip and use proper posture
- Vacuums and floor machines should be inspected daily before use; keep cords coiled and close to you to avoid tripping
- Do not use if a cord is damaged

Removing garbage, recycling, paper and debris

- Garbage bags may contain broken glass and other sharp materials, so wear work gloves and carry the load away from your body

Garbage may contain materials and needles that are contaminated with blood and body fluids. Never reach into a garbage can and do not pack it down with your feet

Site specific requirements:

Employee participants:

Date: _____