

Strains and Sprains

1. Conduct warm up exercises before starting physical work.
2. Limit bulk supplies to packages of less than 59 pounds, preferably under 25 pounds. Get help lifting anything over 50 pounds.
3. Store heavier supplies and equipment on shelves between two and four feet above the floor. Small, light objects should go on upper shelves; light, bulky objects should be near the floor.
4. Use wheeled containers to transport heavy items.
5. Let dropped items fall; do not reach or grab for them suddenly.
6. Use ladder or step stool to reach upper shelves.
7. Take frequent breaks when performing repetitive tasks.
8. Provide laundry baskets with spring-loaded bases to avoid the need to reach deep into the basket to remove laundry.
9. Give housekeepers long-handled sponges and squeegees for cleaning tubs and showers.
10. Keep wheels and swivels on housekeeping carts in good condition.

Zenith provides workplace safety resources at: **TheZenith.com**[®]