

DO YOU HAVE A HOLIDAY JOB AS A CLEANER?

How can you stay safe?

1 Safety first!

- ✓ Wear suitable **shoes** with **anti-slip soles**.
- ✓ Keep your **work environment neat and tidy**. Store **extension cables** after use.
- ✓ When you use a (**step**) **ladder**, always make sure it is **completely open** and placed on a **stable surface**. Make sure you have good soles on your shoes and that the steps are **dry**. Always maintain **three contact points** on the ladder (e.g. two feet and one hand).

2

Ergonomics is the best policy

- ✓ Put objects you **use often** in an **easily-accessible place**.
- ✓ **Bend as little as possible**. Be smart: use a stool for your equipment, a broom with a long handle, etc.
- ✓ Do you still have to bend down? **Bend your knees** keeping your **back straight**.

3

Danger, high voltage!

- ✓ Only work with **equipment** that is in good condition. Report **defects** immediately.
- ✓ **Never touch** sockets, switches or electrical appliances with **wet hands**.
- ✓ Roll out **extension cables** completely to prevent **overheating**.
- ✓ Always switch electrical appliances **off after use** and **unplug** them.
- ✓ Never open **fuse boxes**.

4

Work floor ≠ chemistry class

- ✓ Leave **cleaning agents** in their **original packaging**.
- ✓ Read the **safety instructions** or the instructions on the packaging.
- ✓ **Never mix** cleaning agents, and avoid dangerous **chemical reactions**.
- ✓ **First fill your bucket** with water and only then add the cleaning agent.
- ✓ **Wash your hands** after using a dangerous product, and certainly **before you eat**.

5

Don't play with fire

- ✓ Be careful with everything associated with **fire and flames**.
- ✓ Make sure you know where the **fire extinguishers** are located.
- ✓ Inform yourself about the **evacuation route** and **assembly point** in the event of a fire.

6

A healthy mind leads to a healthy body

- ✓ Let your colleague or your supervisor know if you are feeling **stressed**.
- ✓ Take regular **breaks**.



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*Do you have any questions?
Ask your supervisor.*