



# SAFE OVER SUMMER

## Manual Handling

### Cleaning & Soft FM

Cleaning roles involve high-volume repetitive tasks — bending, reaching, lifting, pushing, pulling. Fatigue builds fast, slips increase strain, and poor technique compounds risk. Manual Handling or BodySafe principles focus on posture, microbreaks, warm-ups, and reducing awkward loads.

### Primary Risks & Hazards to Spot

- Lifting heavy or overloaded bin bags
- Twisting when transferring rubbish or cleaning under furniture
- Overreaching with long-handled tools
- Repetitive bending, kneeling, or mopping away from the body
- Shoulder strain from overhead dusting
- Slips on wet floors creating sudden, uncontrolled movement



### Discuss / Share:

Where do you feel the most strain — bins, mopping, or room cleans?  
What tasks force you into awkward postures daily?



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### Critical Controls

- Warm up before the shift; use micro stretch breaks through the day
- Set mop at chin height; use figure-eight movement to stay within stance width (“dance with the mop”)
- Keep bin loads below 75%; never push rubbish down with unprotected hands
- Square up to the task and keep loads close — avoid twisting when lifting or turning
- Adjust furniture before cleaning underneath
- Use long-handled tools to avoid overhead strain; step tools for high areas

Downer



### Discuss / Share:

Which cleaning task do you think needs a redesign or a better tool?