

Janitorial Safety Tips



- Cleaning locations may vary, if a janitor is associated with a company offering cleaning services to various institutions
- Lifting heavy equipment is a very common task for janitorial workers. Proper lifting techniques must be used to escape back injuries and muscle sprains.
- Short breaks between work will help in relieving stress due to continuous working.
- Workers should have separate shoes for work that have rubber soles for proper grip on the floor
- Falling and slipping can be avoided by placing a warning sign on the wet floor and ensuring no one walks on it.
- Housekeeping carts help in carrying load and cleaning equipment from one place to the other. They must be in a smooth-moving condition.
- Cleaning flooring is one of the main duties of janitorial workers. As it is a continuous process, workers must maintain proper body posture while mopping the floors.



Janitorial Safety Training Guide

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