



FS-SWP-404.1		MOPPING SAFETY	
Department / Area: Nutrition & Food Services		Date Created: January 20, 2014	Review / Revised date: March 1, 2018
Approved By: Regional Manager Nutrition and Food Services			

Potential Hazards: Fill in those that apply H M L Risk for injury <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> Awkward/sustained postures- bending forward & twisting while mopping <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> Excessive force- friction, wet mops weight <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Repetitive movements- mopping motion <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> Surfaces causing slips, trips or falls- recently mopped surfaces <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Other _____	Personal protective equipment / devices required / other safety considerations <ul style="list-style-type: none"> • Non-Slip footwear Supportive Information <ul style="list-style-type: none"> • A wet mop can weigh up to 25 lbs. Wet mopping can cause significant contact stress over the hand and wrist. It also adds strain to the low back. Microfibre mops are lighter & often produce less strain. • When mixing chemicals follow manufacturer's or workplace label Mop selection. The mop handle should: <ul style="list-style-type: none"> • Be between your chin & eye level-use a mop that allows you to stand up straight • Have a diameter that allows for a comfortable grip • Have a mop head that is an appropriate size & not too heavy to move when wet-microfibre mops are recommended Always put up a Wet Floor Alert Sign during & after mopping
Training / Reference information <ul style="list-style-type: none"> • Department Safety Orientation • WHMIS & MSDS Training References <ul style="list-style-type: none"> • Manitoba Workplace Safety and Health Regulation, M.R. 217/2006: • 8.1, 8.2 Musculoskeletal Injuries A Clean Sweep, British Columbia School Safety Association, Work Safe B.C., 2006	

Note: Signs and symptoms of a musculoskeletal injury (MSI) can include pain, burning, swelling, stiffness, numbness/tingling, and/or loss of movement or strength in a body part. Report these to your supervisor.

Employers must ensure that workers are trained and follow this safe work procedure
Steps to perform this task safely:

Body movement during mopping

1. Maintain a loose grip on the mop handle & avoid excessive wrist bending & elbows close to body
2. Maintain a straight spine-do not bend back to get closer to area being mopped
3. Begin mopping. Step or shift weight in the direction of the mop.
(Step side to side while mopping. (ie. "dancing" with the mop)
4. Alternate right & left hands at the top of the mop handle
5. When mopping under a low surface, bend your hips and knees or go onto one knee and push the mop forward & back. Do not swing the mop side to side with your arms & twisting your back as this increases pressure on your back, shoulders & wrists

Note: when cleaning around and behind toilets use a swivel head microfiber mop or a long-handled sponge. This assists you to avoid rounding/bending/twisting of back