

Safe Work Procedure: Sorting Soiled Laundry

Department	Approved by:	Date Created:	Review/Revised Date:
Environmental Services	Regional Director of Support Services	2013/09	2017/06; 2022/06

Potential Hazards:	Personal protective equipment / devices required / other safety considerations
<p><i>Fill in those that apply:</i> Risk for injury: H=High M=Medium L=Low M Awkward/sustained postures (reaching, twisting) M Forceful exertions (dumping bags, pushing heavy carts) M Repetitive movements (pinch grasping) L Sharps L Surfaces causing falls L Biological pathogens</p>	<ul style="list-style-type: none"> • Personal Protective Equipment as per Infection Prevention & Control • Anti-fatigue matting for prolonged standing (if available) • Appropriate non-slip footwear • Cart with Backsaver (spring loaded cart if available)

Training / Reference information

- SCHIPP Module 1 training
- Department Orientation
- Department Manual

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:

1. Bend your hips and knees to pick up the bag of soiled laundry, use both hands to lift the bag.
2. Lift the bag from the bottom loop to let the contents fall out of the bag. Do not forcefully shake the contents out of the bag. Avoid raising elbows above shoulder height with elbows bent slightly when emptying the bag.
3. Using fingertip grasp, pick up each item of laundry and fully open or unfold the item. (to avoid sharps injuries)
4. Do not shake out or toss laundry to prevent debris from becoming airborne.
5. Avoid twisting of the body.