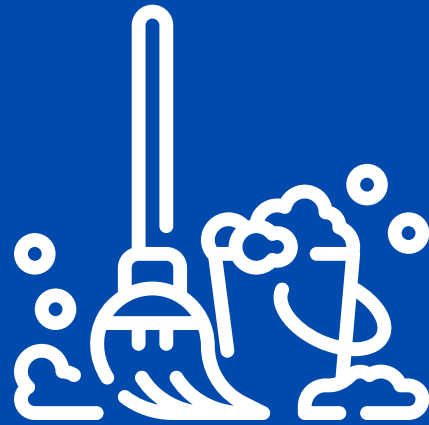


Injury Prevention

MOPPING BASICS



STEER CLEAR OF SLIP & FALLS

Do

- Wear shoes with treads that help with traction
- Take small steps
- Place a wet floor sign & block off mopped areas

Don't

- Wear worn-out shoes that limit traction
- Run around wet areas, take your time
- Schedule mopping during high trafficked times

HAVE THE PROPER STANCE

Do

- Keep your elbows close to your side to help with overextension
- Make sure your feet & hips are facing the same way

Don't

- Twist or reach, move your feet to get to desired areas
- Lock your knees

AVOID EXHAUSTION

Do

- Rotate between different grips

Don't

- Use just your arms to move the mop, use your body weight and feet