



Ergonomics Tips for Spring Cleaning

Denise Pontbriand, PTA, CEAS, REAS

Spring is here! We open our windows to welcome fresh air into our home and many of us begin our annual spring cleaning. Often these tasks we perform during the cleaning process are not what our bodies are accustomed to. We can apply ergonomic principles to help reduce our risk of discomfort while cleaning.

Tips to Reduce your Risk of Discomfort Include:

- Use good body mechanics when moving “hinging” at the hip and NOT bending at the waist
- Use the right cleaning tool and solution for the job
- Use tools that fit your body. For example, use a sponge you can easily fit your hand around to allow a comfortable grip
- Adjust mop and broom handle (if able) to chin height
- Use extendable scrub brushes when cleaning over head or hard to reach areas
- Cut rags down to allow for a comfortable grip
- Clean by room, instead of cleaning by task (e.g., mopping, dusting) to incorporate task variety
- Alternate hands when dusting, vacuuming and mopping
- Work close to surfaces, incorporating good body mechanics to reduce reaching
- Squat, kneel and crouch when appropriate to reduce bending
- Avoid overloading the trash can to reduce the weight when emptying it
- It’s important to pace yourself and don’t do too much
- Stop and stretch every 30 mins, focusing on your neck, back, wrist and hands

Incorporating these tips into your spring cleaning will help you feel better so you enjoy your sparkling clean home. Happy cleaning!