

Reminders when Spring Cleaning

- **Ladder Safety**

- Maintain 3 points of contact while working from a ladder:
 - 2 feet and 1 hand, or
 - 2 feet and your body
- Never use the top 2 steps of a ladder
- Do not overreach: keep your belly button within the sides of the ladder
- Whenever possible, have someone support the base of the ladder;
NEVER have more than one person on a ladder

- **Cleaning Supplies**

- Read labels thoroughly and follow directions explicitly
- Never mix cleaning products; especially **CHLORINE BLEACH** with **AMMONIA** or **ACIDIC PRODUCTS**
- Wear appropriate gloves and safety glasses when handling cleaning products
- Store products in original containers; return products to locked cabinet or closet after use



- **Lifting**

- Lifting objects that are away from the body puts considerable strain on the back, shoulders, and arms
- Move items close to your body and use your legs when lifting
- Heavy items should be transported and stored in the Power Zone: about mid-thigh to mid-chest
- Avoid twisting while carrying heavy items; turn by moving your feet