Housekeeping Carts

TO REDUCE YOUR RISK OF INJURY, PRACTICE THESE SAFETY TIPS

1. Set up carts as instructed. Do not overload them.
2. Push carts from the end with the swivel wheels. Avoid pulling carts if possible.
3. Keep your hands and fingers away from the outer edges of the cart when going through doorways or close to walls.
4. Handle trash bags from the top, and do not press or compact trash bags.
5. Squat or kneel to stock or remove lower items. Do not bend at the waist.

Hazards

- **Slip, Trip & Fall**
  - Items on floor not seen due to cart or when pulling
- **Overexertion & Action**
  - Pushing or pulling carts, especially in tight areas or when overloaded
  - Bending and twisting
  - Pulling with one arm
- **Struck Against & Contact**
  - Objects, coworkers, or guests if cart obstructs your view
  - Hands and fingers caught between cart and walls or doorways
  - Needles and broken glass in trash

5 Safety Tips

- **General Safety Tips**
  - Wear your PPE as instructed by the chemical labels and your workplace’s policy.
  - Do not lift more than you can handle and work in teams when necessary.
  - Lift and carry only manageable loads and do not block your line of sight.
  - Get as close as possible to your work to limit reaching. Walk around or move any obstacles.
  - Bend at your hips and knees. Do not bend at your waist. Use a shoulder width or wider stance to improve balance and engage your legs.
  - Place the hand you are not using on a nearby object or surface to support your upper body if reaching is unavoidable.
  - Change positions, alternate between tasks, and switch hands/arms frequently to avoid overuse.
  - Complete all required training prior to performing your tasks.
  - Pay attention to and stay focused on the task at hand.
  - Inspect your area, equipment, and tools prior to each use.
  - Report hazards and equipment in disrepair. Follow proper procedures to fix or replace.

PPE

- **ADHERE TO POLICY**
  - Personal Protective Equipment
  - Gloves
  - Slip-Resistant Footwear