

Checklist: What is your company's approach to ergonomics?

Are your cleaning staff conscious of working in a healthy manner?

Yes No

Are your employees familiar with the term "ergonomics"?

Yes No

What ergonomic advantages do your cleaning tools (machines, devices) offer?

Can they be adjusted to individual body size, for example?

Yes No

Do employees know about these advantages and do they use the tools correctly?

Yes No

Do your employees avoid heavy lifting and do they use aids such as transport carts or cleaning carts?

Yes No

Do employees make use of their strongest muscle – the thigh muscle – when performing actions?

(e.g. when wiping tables or cleaning floors with a mop)

Yes No

Do employees feel completely exhausted after completing their work, or do they still have the energy to pursue leisure activities?

Yes No

Are employees familiar with the laws of physics?

(e.g. leverage, centre of gravity)

Yes No

Is there a high level of sick leave in the company? If so, what is the main cause?

Yes No

Are there any leaflets, instructions or videos on ergonomic work methods available to employees?

Yes No

Are your employees familiar with relaxation exercises to relieve tension in the body? Are these regularly practised to prevent illness?

Yes No

Have the employees received extensive training in ergonomics?

Yes No

