

# Spring Cleaning

*After a long winter, dust and dirt can accumulate in your home, making spring cleaning a must. Before tackling this annual chore, be aware of the hazards that you may encounter. Follow these safety tips to keep spring cleaning safe!*



## **Declutter before you start**

Before you start cleaning, clear any clutter that you could trip over. Be aware of toys, carpets, pets, etc.

## **Mindful Use of Cleaning Products**

Limit harsh cleaning or disinfectant products such as bleach and ammonia, and never mix the two!

## **Read the label**

Each cleaning or disinfectant product should have a label describing proper use and safety precautions to follow during use. Read the label and follow the instructions.

## **Ventilate**

When using cleaning or disinfectant products, open windows or a door, and run a fan to help air circulate.

## **Don't forget PPE!**

Wear gloves when using some cleaners. Consider wearing a mask if you have allergies or breathing issues to prevent allergic reactions and irritation.

## **Use a mop**

When you're cleaning floors, avoid working on your hands and knees, preventing awkward postures, sprains, and strains.

## **Avoid wet floors**

Wet floors are a hazard and can cause slips and falls. Allow freshly cleaned floors to dry before walking on them.

## **Safely store cleaning products**

Keep them in a clean, cool, dry space where children and pets can't get to them.

## **Stay safe on step stools**

Always place the step stool on a level surface before using. Ensure the stool's steps are large enough to properly fit your feet, and face the stool when climbing up or down. Set up the stool close to where you're cleaning, and never attempt to move it while standing on it.

## **Lift with caution**

When lifting or moving furniture and other heavy objects, ask for help.

## **Stay hydrated**

Spring cleaning is hard work, so drink plenty of water and take rest breaks.