

Cleaning ergonomics and occupational safety

Training materials

Summary

Materials from
Estonia
Finland, Sweden, Denmark, Norway, Ireland
Hungary, Belgium, Switzerland
The Netherlands

Titles

Ergonomics
Ergonomics, cleaning methods
Ergonomics in different kind of premises
Ergonomics and occupational safety

Ergonomics

Tisztítás-technológiai Szolgáltatásvezető (Cleaning service manager). Ritz, T. 2018.

<https://bookline.hu/product/home.action? v=Ritz Tibor A tisztitas technologiai szo&type=250&id=45757>

https://www.libri.hu/konyv/ritz_tibor.a-tisztitas-technologiai-szolgaltatasvezeto-tisztasagot-tervez-szervezes-fejleszt.html

Book, downloadable. 348 pages

In Hungarian

Paid

Az ergonómia jelentősége a foglalkozás-egészségügyi prevencióban (Importance of ergonomics in occupational health prevention). Kundász Ferenc. 2019.

https://www.nnk.gov.hu/attachments/article/108/06_Kudasz_Ferenc_forum_2019-05-08.pdf

Downloadable. 21 pages

In Hungarian

Free

Ergonomics in Cleaning Operations. EFCI, UNI-Europa, Centre de Formation du Nettoyage. 2007.

Google by name

Pdf, downloadable. 46 pages

In English

Free

Tööga seotud luu- ja lihaskonna ülekoormushaigestumiste ennetamine (Prevention of work-related musculoskeletal disorders). Republic of Estonia Labour Inspectorate 2018.

<https://www.ti.ee/ennetus-ja-teave/infomaterjalid/trukised>

Downloadable pdf

In Estonian

Free

Libisemine ja komistamine (Slipping and tripping). Republic of Estonia Labour Inspectorate 2016

<https://www.ti.ee/ennetus-ja-teave/infomaterjalid/trukised>

Web site

In Estonian

Free

Ergonomiaa siivoukseen (Cleaning ergonomics). TULE-tietokeskus. 2018.

https://tule.fi/ergonomiaa-siivoukseen_artikkeli/

Web site

In Finnish

Free

Siivoustyön käsikirja (Cleaning manual). Chapters Työsuojelu and Työkyky ja terveys. SSTL Puhtausala ry. 2022.

<https://kauppa.puhtausala.fi/>

Book and e-book. 24 pages / 180 pages

In Finnish

Paid

Gode råd til kroppen når du gør rent. Arbejdsmiljøweb.dk - Inspiration til et godt arbejdsmiljø. 2020.

https://www.arbejdsmiljoweb.dk/krop-og-sundhed/ergonomi_paa_din_arbejdsplads/rengoering/gode_raad_til_kroppen_rengoering

Web site

In Danish

Free

Hvis det gør ondt at gøre rent. Arbejdsmiljøweb.dk - Inspiration til et godt arbejdsmiljø. 2020.

https://www.arbejdsmiljoweb.dk/krop-og-sundhed/ergonomi_paa_din_arbejdsplads/rengoering/hvis_det_goer_ondt_at_goere_rent

Web site

In Danish

Free

Ergonomia ja terveys (Ergonomics and health). Puhtaustieto PT Oy. 2021.

<https://www.puhtaus.fi/Koulutus>

E-learning

In Finnish

Paid

Branchevejledning, Ergonomi og Rengøring. BFA Arbejdsgiversekretariatet. 2018.

http://www.bar-service.dk/Files/Billeder/BARservice/pdf/Rengoering%20vaskerier%20og%20renserier/Ergonomi-og-rengoering_2011.pdf

Pdf, downloadable. 28 pages

In Danish

Free

Renhold – ergonomic. NTNU, Norges teknisk-naturvitenskapelige universitet. 2019.

<https://i.ntnu.no/wiki/-/wiki/Norsk/Renhold+-+ergonomi>

In English:

<https://i.ntnu.no/wiki/-/wiki/English/Cleaning+-+ergonomics>

Book, video, web site, downloadable

In Norwegian, web site also in English

Free

Risikoeksempler og forslag til tiltak mot muskel- og skjelettplager I renholdsbransjen. The Regional Safety Representative (RVO). 2022.

<https://rvofond.no/hotel/wp-content/uploads/sites/2/2022/01/oppdatert-Risikobeskrivelse-MSP-for-renhold-v2-1.pdf>

Pdf, downloadable. 8 pages

In Norwegian

Free

Ergonomics, cleaning methods

Floor mopping with microfibre mop. VSR, Vereniging Schoonmaak Research. 2015.

<https://youtu.be/GV-68stMuXw>

Video

In Dutch

Free

Floor mopping with a disposable cloth. VSR, Vereniging Schoonmaak Research. 2015.

https://youtu.be/tAFI01_Tf6E

Video
In Dutch
Free

Vacuuuming floor. VSR, Vereniging Schoonmaak Research. 2015.
<https://youtu.be/NESYihO9xSA>

Video
In Dutch
Free

Daily cleaning of toilet. VSR, Vereniging Schoonmaak Research. 2015.
<https://youtu.be/TojL5Ya8fOk>

Video
In Dutch
Free

Flat mopping with microfibre cloth. VSR, Vereniging Schoonmaak Research. 2015.
<https://youtu.be/KFbG1dEut98>

Video
In Dutch
Free

Interior cleaning. VSR, Vereniging Schoonmaak Research. 2015.
https://youtu.be/eid_Wc53UiY

Video
In Dutch
Free

Ergonomics in different cleaning methods. RAS (De Stichting Raad voor Arbeidsverhoudingen Schoonmaak- en Glazenwassersbranche).
<https://elkedagweer.nl/lichamelijke-belasting/video-s-fysieke-belasting>

9 videos
In Dutch
Free

Allt om städ. Prevent, organisation owned by Svenskt Näringsliv, LO and PTK.
<https://www.prevent.se/bransch/tjanster/allt-om-stad/om-stadning/filmer-om-arbetsteknik/>

Web site and 39 videos
Web site and text materials: in Swedish
Videos in Swedish, English, and Spanish
Free

Gode råd til udstyr når du gør rent. Arbejdsmiljøweb.dk - Inspiration til et godt arbejdsmiljø. 2020.
<https://www.arbejdsmiljoweb.dk/krop-og-sundhed/ergonomi-paa-din-arbejdsplads/rengoering/gode-raad-til-udstyr-rengoering>

Web site
In Danish
Free

Ergonomical table cleaning. Wetrok Academie. 2014.
<https://www.youtube.com/watch?v=LqFG18AWQ5M>

Video
In German
Free

Correct lifting of heavy objects. Wetrok Academie. 2014.
https://www.youtube.com/watch?v=3-Glijm_OEgY

Video
In German
Free

Use of a pedestrian cleaning machine ergonomically. Wetrok Academie. 2014.
<https://www.youtube.com/watch?v=JSnjVJR6sOg>

Video
In German
Free

Using a vacuum cleaner. Puhastusekspert. 2021.
<https://www.youtube.com/watch?v=14SyC9P2uU8>

Video
No speech
Free

Cleaning stairs with a mop. Puhastusekspert. 2021.
<https://www.youtube.com/watch?v=BxHHN1cw1DY>

Video
No speech
Free

Toilet cleaning. Puhastusekspert. 2021.
<https://www.youtube.com/watch?v=NmvAVj4W4eI>

Video

No speech
Free

Office cleaning. Puhastusekspert. 2021.
<https://www.youtube.com/watch?v=ou1uM8loouw>

Video
No speech
Free

Ergonomics in different kind of premises

Hotellien kerroshoitotyö ergonomiseksi / Improving the ergonomics of hotel housekeeping. The Centre of Occupational Safety. 2020.
https://ttk.fi/en/publications/downloadable_publications/improving_the_ergonomics_of_hotel_housekeeping#de5a1864

Pdf, downloadable. 48 pages
In English and in Finnish
Free

Work environment of hotel cleaners. Prevent, organisation owned by Svenskt Näringsliv, LO and PTK.
<https://www.prevent.se/bransch/hotell-och-restaurang/hotellstadning/>

3 videos (2016) and book (2020) "Arbetsmiljö för hotellstädare", downloadable. 35 pages.
Videos in Swedish. Book with only pictures.
Free.

Hotel cleaning, check list for risk assessment. Prevent, organisation owned by Svenskt Näringsliv, LO and PTK. Updated 2022.
<https://checklists.prevent.se/checklist/answer/221>

Web site, downloadable
In Swedish
Free

Työsuojelu kiteytetysti-kiinteistöpalveluala. The Centre of Occupational Safety. 2013.
https://ttk.fi/oppaat_ja_ohjeet/ladattavat_julkaisut/tyosuojelu_kiteytetysti_-_kiinteistopalveluala#de5a1864

Pdf, downloadable. 22 pages.
In Finnish
Free

Ergonomia sairaalahuollossa. Finnish Institute of Occupational Health.
<https://www.ttl.fi/oppimateriaalit/ergonomian-tietopankki/sairaalahuolto>

Web site
In Finnish
Free

Safe Hospitality. Safety, Health & Welfare in Hotels, Restaurants, Catering & Bars. **Part 1: General.** Health & Safety Authority in Ireland.

https://www.hsa.ie/eng/your_industry/catering_and_hospitality/hospitality_general/

Pdf, downloadable. 61 pages
In English
Free

Safe Hospitality. Safety, Health & Welfare in Hotels, Restaurants, Catering & Bars. **Part 4: Accommodation and Housekeeping.** Health & Safety Authority in Ireland.

https://www.hsa.ie/eng/your_industry/catering_and_hospitality/housekeeping/

Pdf, downloadable. 5 pages
In English
Free

Ergonomics and occupational safety

Rengøring i topklasse er lig med et godt arbejdsmiljø og kvalitet. BFA Arbejdsgiversekretariatet

<https://bfa-service.dk/rengoering-i-topklasse>

Web site
In Danish
Free

Arbejdsmiljøhåndbog for Renhold og Service. BFA Arbejdsgiversekretariatet.

https://bfa-service.dk/Files/Billeder/BARservice/pdf/Renhold_og_service.pdf

Pdf, downloadable. 156 pages
In Danish
Free

Smittespredning ved rengøring. BFA Arbejdsgiversekretariatet.

https://bfa-service.dk/Files/Billeder/BARservice/pdf/Rengoering%20vaskerier%20og%20renserier/0770_BAR_smitte.pdf

Pdf, downloadable. 28 pages
In Danish
Free

Stigesikkerhed ved rengøring. Film, gode råd og diskussionsmateriale om forebyggelse af ulykker fra stiger i rengøringsbranchen. BFA Arbejdsgiversekretariatet. 2019.

<https://bfa-service.dk/stigesikkerhed-rengoering>

Web site and video.

In Danish

Free

Alt om renhold. SINTEF Byggforsk. 2017.

<https://www.sintef.no/en/publications/publication/1577667/>

Book. 584 pages

In Norwegian

Paid

Preventing Slips, Trips and Falls at Work - Information Sheet. Health & Safety Authority in Ireland. 2017.

https://www.hsa.ie/eng/publications_and_forms/publications/information_sheets/preventing_slips_trips_and_falls_at_work_2017.pdf

Web site and pdf. 4 pages

In English

Free

“Watch your step” Choosing Slip-resistant Footwear. Health & Safety Authority in Ireland. 2017.

https://besmart.ie/fs/doc/Choosing_slip_resistant_footwear_2017.pdf

Information sheet. 2 pages

In English

Free

Safety in Contract Cleaning: Chemical and Biological Safety Guidance for Employers and Employees.

Health and Safety Authority with Irish Contract Cleaning Association.

https://besmart.ie/fs/doc/Safety_in_Contract_Cleaning.pdf

Pdf, downloadable. 16 pages

In English

Free