



MOPPING SAFETY

INTRODUCTION

The simple task of mopping can actually have many hazards, for both the person mopping and the people who walk on the damp floor. Injuries from slip and fall are some of the most common workplace injuries. About 25,000 slip and fall injuries happen every day, and 65% of all work days lost are from slip and fall. In addition, the person who is mopping could suffer from muscle strain from all the repetitive motion or could be harmed by the chemicals they are using or have to clean up. Therefore, in order to prevent these hazards from occurring, remember to follow safety rules.



PREVENTING MUSCLE STRAIN

- Stretch at the beginning and throughout your workday.
- Alternate arms at the top of the mop.
- Avoid extreme wrist motions.
- Do not overextend your reach.
 - Mop in small sections.
 - Keep your back straight.
- “Walk” the mop so you use less upper body motion.
- Wring out the mop head by using your body weight to push down on the wringer lever.
 - Keep your back straight.
- Lift with your legs, not your back, and use two hands to carry the bucket.

WORKING WITH CHEMICALS

When you are mopping, you usually have to deal with chemicals, whether as part of the spill you are cleaning up or using chemicals as cleaning tools. Remember to:

- Know what kind of cleaning chemicals you are using before you clean up a spill to make sure the chemicals will get the job done and won't create a hazardous reaction.
- Be sure you know what kind of chemical you are cleaning up and whether it is safe to do so with the supplies you have.
- Wear the personal protective equipment recommended on the SDS for the chemical.
- Thoroughly rinse the mop and bucket after each use to be sure there is no chemical contamination for the next time you use them.

PREVENTING SLIPS AND FALLS

Cleaning up spills immediately is the best way to prevent slip and fall accidents. However, the proper procedures must occur to make sure the spill is cleaned up and not made worse.

- Maintain a schedule of when and where mopping should occur to make sure spills do not go undetected.
- Set up moveable signs or cones to show where moisture is.





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- The cones should alert people to the possibility of slipping, and therefore be extra careful or avoid the area altogether.
- Move the signs/cones as soon as the area is dry; this prevents a tripping hazard and doesn't make people get too used to the signs so they would ignore them next time.
- If the spill or subsequent mopping is really serious, consider restricting access completely until everything is dry and safe.
- Only clean one side of a walkway at a time to allow for a non-slippery path.
 - Let it dry completely before working on the other side.
- Keep the bucket as close to the spill as possible so you do not create an added slipping hazard from moving the dripping mop from the bucket to the spill.

MOPPING HELPS

- Sometimes you won't need to use a mop for certain spills. For example:
 - Use paper towels or rags for a small water-based spill instead of bringing out the whole mop and bucket.
- Sometimes mopping will make the spills worse because the mop just spreads around the spill and makes it more difficult to see. If you need the spot to be drier faster, consider:
 - Using a dry mop to soak up the rest of the water.
 - Using a squeegee for water-based spills, which makes the water layer thinner and therefore faster-drying.



CONCLUSION

To prevent muscle strain, chemical damage, and slips and falls, remember to be cautious and follow safety rules while you are mopping. If you do so, you can avoid several hazards to both yourself and others.

