

Spring Cleaning

Safety Tips



Do not rush. Spring cleaning can be tiring work. Don't forget safety even if you have worked hard all day and want to get done. The best thing to do when you are exhausted is to stop and take a break, and rest for a bit.

Be careful moving large pieces of furniture and appliances. Use proper lifting technique, keeping you back straight and lifting with your legs. Wear closed-toed shoes when moving heavy items so you don't hurt your toes. If you feel it is just too heavy and you can't find someone else to do it for you, just don't move it. It won't be the end of the world to just clean around it.

Be careful when walking on wet surfaces. Everyone knows how easy it is to slip on a wet floor. Make sure you take proper precautions to avoid falling. Warn your family, including children, of the wet floor to keep them safe. Consider blocking small children's access to wet floors because they just don't understand not to run and slide on them.

Be safe while on ladders and step stools. When doing a task, such as washing windows, where you need to be on a ladder use extreme caution. Do not lean too far to either side. A good rule of thumb is that your belly button should not go beyond the sides of the ladder. Have someone available to hold the ladder steady for you if possible, and make sure before you step on them that the rungs are not wet, and you are wearing non skid shoes. Find out more about Ladder Safety.

Don't carry too much at once. Always make sure you can see over the load you are carrying so you do not trip. If you have stairs, make sure you keep a hand free to hold onto the stair railing.

Always follow cleaning product label safety instructions and recommendations. Cleaning supplies can create nasty fumes, so make sure you get some fresh air by opening windows, turning on the exhaust fan, or placing a fan in the room. Do not mix ammonia and bleach together, because they create toxic fumes when combined. When in doubt don't mix, just use one product to get the job done. Wear rubber gloves to keep your hands from getting dry and cracked from the hot water and chemicals.

Keep stairs, landings, and walkways clear of clutter. Spring cleaning is a great time to de-clutter your home, but make sure all the boxes and bags of stuff you are getting rid of don't cause a safety hazard. Place them outside walkways and especially away from steps and stairs where someone may trip on them.

Wear a mask when cleaning dusty areas. If you are at all allergic to dust this tip is very important.

Do not leave buckets filled with water around your home. Even if you need to take a quick break make sure you empty that cleaning bucket, or put it in an inaccessible area. Even small amounts of water are a drowning hazard for small children.

Put away all your cleaning supplies when you are done. When you finish your spring cleaning tasks for the day, put away your supplies, even if you are planning to clean the next day. Cleaning supplies can be attractive to children and pets. Put everything away in a childproof cabinet to keep them safe.

Source: www.household-management-101.com