

There's a safer way to clean:



# Cleaning Bathtubs and Spa Baths

## The task:



Cleaning inside bathtubs and spa baths



### What's the problem?

Repetitive or sustained awkward postures, such as cleaning the inside and base of a bathtub or spa bath by bending and kneeling.



### What's the solution?

To improve postures and avoid kneeling, provide:

- tools with a long handle or extended pole
- a cleaning head frame that can flex to clean both contoured and flat surfaces, for example, a frame that fits in both the rounded corner between the base and sides of a bathtub, and curved surfaces of the bathtub.

## The task:



Cleaning around bathtubs and spa baths



### What's the problem?

Repetitive or sustained awkward postures, such as cleaning the area surrounding the bath by reaching forwards and upwards.



### What's the solution?

To improve postures and avoid reaching, provide:

- tools with a long handle or extended pole
- a cleaning head frame that can flex to curved surfaces of the bathtub.

# There's a safer way to clean: Cleaning Bathtubs and Spa Baths

## The task:



Cleaning with equipment that requires gripping

### What's the problem?

Repetitive or sustained force, such as using equipment that requires considerable effort or repetitive gripping to clean a bathtub.

### What's the solution?

- To reduce force and repetitive gripping, provide:
- chemicals that are safe, suitable for cleaning bathtub or spa bath surfaces, and require less effort to use
  - materials that require less effort to use, for example, microfibre cloths or sponges
  - equipment that is efficient, suitable for the task and minimises scrubbing force, for example, a scrub brush
  - equipment with padded handles to help hand grip.

## Training tips:

**In addition to introducing the controls above, you should also provide adequate or task specific information, instruction and training to workers. Here are some examples:**

▪ how certain practices can increase the likelihood of injury so that cleaners can avoid awkward postures and actions	<i>example:</i> explain how bending the back or wrist, kneeling and repetitive or sustained arm and hand movement can increase the likelihood injury
▪ performing tasks safely to avoid injury	<i>example:</i> train cleaners on how to position the body to reduce awkward posture such as bending or twisting the back when cleaning bathtubs or spa baths
▪ the reason why appropriate cleaning equipment has been provided, its proper use and maintenance	<i>example:</i> explain that equipment has been provided to encourage neutral postures, and train cleaners on how to hold cleaning equipment to distribute force evenly over the hand
▪ a safe work method for cleaning that is specific and designed for the task and workplace where it will be used	<i>example:</i> an example of a safe work method for cleaning bathtubs and spa baths may include allowing chemicals to clean a surface before scrubbing