

PHYSICAL STRAIN IN HOUSEKEEPING

Working smarter • Reduced workload • Sustainable employability

Housekeeping takes a toll on your body. By making a few smart adjustments, you can prevent aches and pains and work in a healthier and more efficient way.



**Prevent health
problems by
paying attention
to your body**

1 Use adjustable mops and ergonomic tools

- Use lightweight and adjustable mops, handles and dusters.
- Adjust the working height to suit your body.
- Use equipment that reduces strain on your knees, back and shoulders.

Tip! A good working height means the grip is around hip height.

2 Position beds in the center of the room

- Ensure there is enough space around the bed.
- Work symmetrically and keep tasks close to your body.
- Avoid excessive reaching and twisting.

Tip! A centrally positioned bed reduces walking and physical strain.

3 Provide linen rooms or housekeeping carts on each floor

- Reduce lifting and carrying heavy linen bags.
- Keep supplies and materials close to the work area.
- Use a lightweight and easy-to-manoeuvre cart.

Tip! Less distance, less weight, less strain.

4 Provide sufficient variety in room types

- Alternate between heavier and lighter rooms.
- Combine different tasks such as cleaning, linen handling and restocking.
- Avoid repeating the same type of workload throughout the day.

Tip! Variation is one of the best ways to prevent overload.

5 Do not work with fixed times per room

- Quality and wellbeing are more important than speed.
- Every room is different.
- Give employees enough freedom to work safely and independently.

Tip! Trust and autonomy contribute to better results and lower absenteeism.

6 Know your limits and report complaints early

- Listen to your body.
- Report physical complaints at an early stage.
- Work together to solve problems before they become bigger.

Tip! Prevention is better than cure. Your health comes first.

Work ergonomically: 5 basic principles

Keep work close to your body

Keep loads close to you body whenever possible.

Maintain good posture

Stand firmly and work from your legs, not your back

Use tools and equipment

Use cleaning carts, adjustable tools and other aids.

Provide sufficient variety

Alternate tasks and working postures regularly.

Work together

Support each other and discuss any concerns.

Check your working methods

Use the TNO Physical Workload Checklist to identify risks and opportunities for improvement.



Go to: fysiekebelasting.tno.nl/en/assessment-tools/or scan the QR

Together for sustainable employability

- Healthier employees → Less absenteeism
- Greater job satisfaction → Higher quality
- Sustainable operations → More satisfied guests