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## Sample General Safe Work Practice for Sweeping

Sweeping floors may involve awkward positions of wrists and prolonged contact pressure on hands. Also, the back and neck are often in an awkward forward bent posture.

### Do

- Alternate right and left hands at the top of the mop handle
- Use lightweight brooms, standup dustpans, and lobby brooms
- Use tools that allow you to remain upright.
- If needed, bend your knees and not your back.
- Wear knee pads and kneel down to get closer to the work
- Add a foam sleeve over the broom handle for a better and more comfortable grip

### Do not

- bend your back.

Please note: This document is for information purposes only as a guide. The safe job procedures (SJP) and safe work practices (SWP) created for your workplace should reflect your organizations processes, equipment and hazards as identified by a hazard analysis. Construction Safety Nova Scotia does not assume responsibility for the use of information in this document. If assistance is needed to complete a SWP and SJP for your organization please contact CSNS member services at [constructionsafetyns.ca](http://constructionsafetyns.ca) or 1.800.971.3888.