



Spring Cleaning Safety Tips

Follow these spring-cleaning safety tips to have a safe and productive spring cleaning!

- Do not rush because you're tired or in a hurry.
- Be careful moving large pieces of furniture and appliances. Use proper lifting techniques, keeping your back straight and lifting with your legs.
- When using ladders and step stools, 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.
- Be careful when walking on wet surfaces.
- Keep stairs, landings and walkways clear of boxes, bags and other clutter.
- Don't carry too much at once, especially on stairs.
- Always follow cleaning product label safety instructions and recommendations.
- Wear a mask when cleaning dusty areas.
- Do not leave buckets filled with water around your home.
- Put away all cleaning supplies when you're done.