

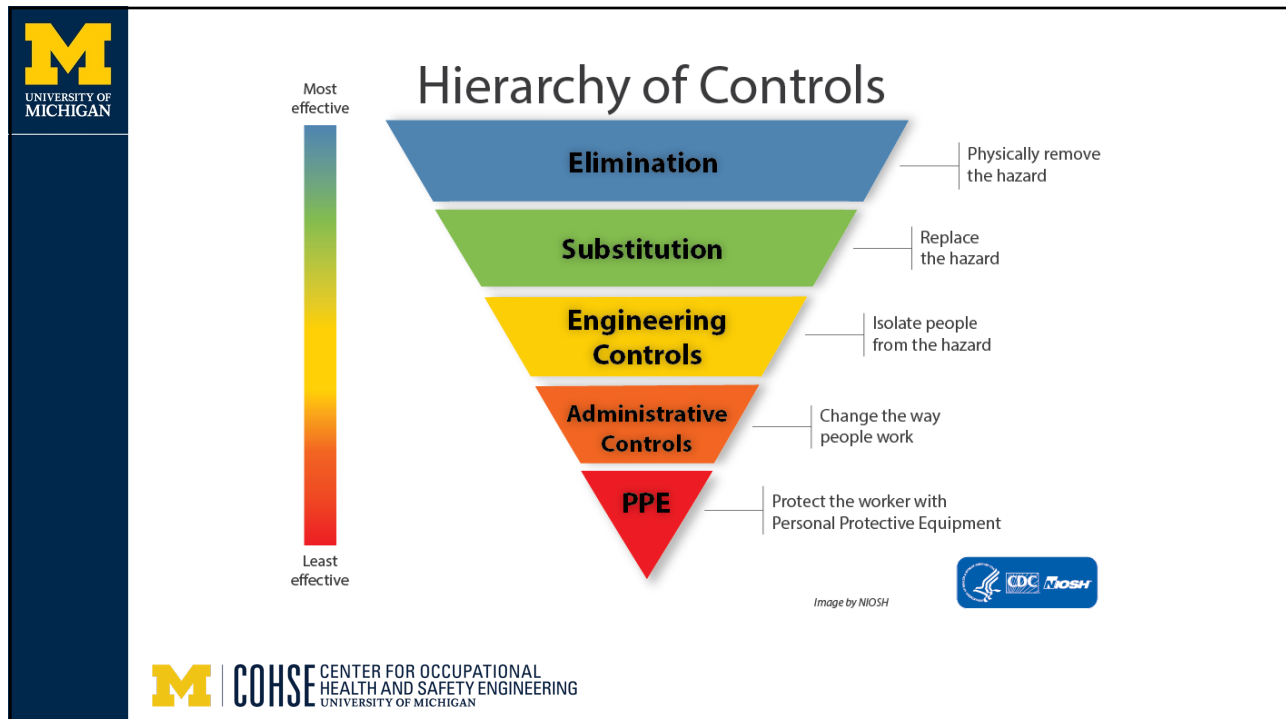
Workplace Changes and Processes to Reduce Risk Factors of Musculoskeletal Disorders

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Administrative Control

- Supervisors as Coaches

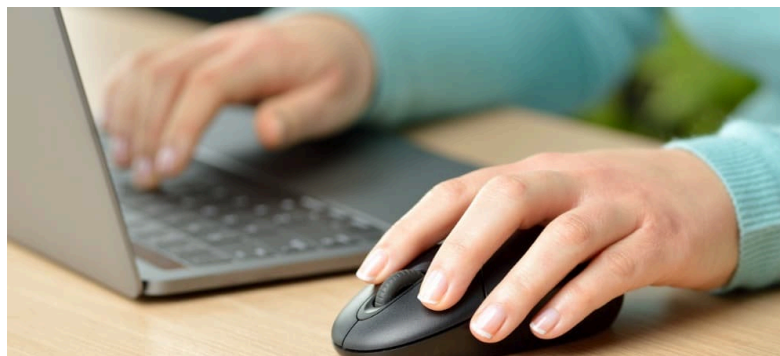


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FREE Administrative Control

Use mouse with non-dominant hand



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Engineering Control Long Handled Shower Cleaning Tool

■ Primary Risk Factors of MSDs for Housekeepers / Cleaners

- High force exertions
- Repetitive exertions
- Awkward postures
- Contact stress (hands, arms, legs and knees)
- Vibration
- Cold temperatures (exposure to snow and ice)
- Psychosocial stress: High workload, Monotony, Time pressure, No control over work/rest schedules

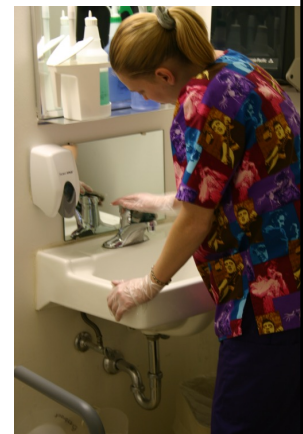


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Work Tasks

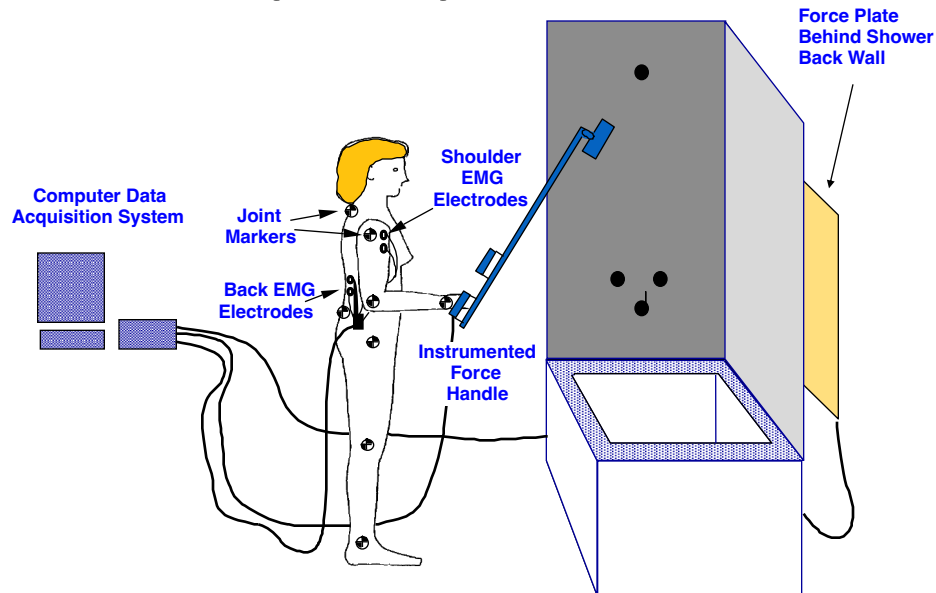
- Mop floors
- Buff floors
- Vacuum
- Dust
- Move furniture
- Transport clean and dirty linens
- Push carts
- Make beds
- Clean sinks, mirrors, tubs, showers, and toilets
- Clean/disinfect furniture
- Empty garbage
- Stock amenities (soap, toilet paper, paper towel, etc.)



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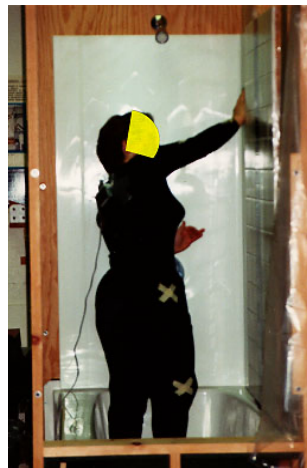
Laboratory Study



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Laboratory Study: Clean Shower Walls



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Field Evaluation

- Brainstorming Sessions / Group Interviews
- Individual Structured Interviews

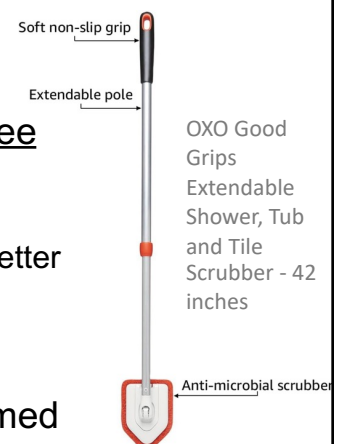


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Results

- Greater productivity
- Improved quality
- Decreased back, hand, shoulder, leg, and knee discomfort
 - 72% reported that their back felt better
 - 69% reported that their arms and shoulders felt better
- 52% use tool for every tub and shower
- Need a better method for attaching the towel
- Approximately one week to become accustomed to the tool



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Results

- Other uses: high dusting, removing scuff marks from the front door, retrieving items from under the bed, mopping the tile floor, cleaning the toilet, and dusting behind the armoire



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Impact

- **Reduction** in chronic **musculoskeletal disorders** of the back and upper extremities.
- **Reduction** in **acute injuries** related to **slips and falls** due to climbing in and out of the tub and standing on the tub ledge to clean the shower walls.
- **Reduction** in **dermatitis** since the hands are not in contact with the strong cleansers and water while cleaning the tub and shower walls.

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Implementation Recommendations

- Provide adequate individualized **training** on tool use.
- The training should encourage housekeepers to move from one end of the tub to the other while cleaning to avoid excessive stretching and reaching.
- Continue to evaluate the tool's effectiveness and **refine or "tweak" tool attributes** that need to be improved.
- **Evaluate other housekeeping tasks** to determine suitable interventions that will lead to potential reduction in musculoskeletal disorders.

