

# Stay upright!

Quiz along! Will you score 5/5?

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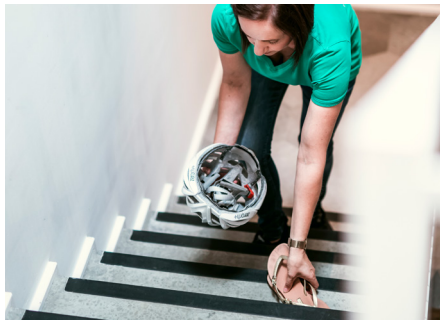


## To trip

✓ When you arrive at the customer, you can safely store your jacket and bag in a closet. Don't leave anything lying around.

✓ Turn on the light if it is too dark, even if you know the house well. Watch out for unexpected obstacles such as glass doors.

✓ Clean up thoroughly before brushing and clear passages.



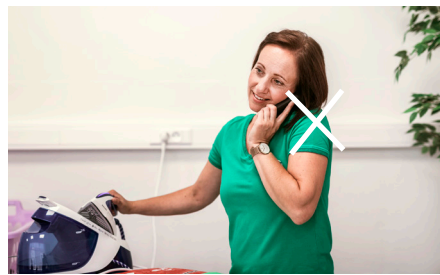
✓ Ask to separate pets before you come. This way you avoid tripping over them.

! Always work forwards, never backwards.

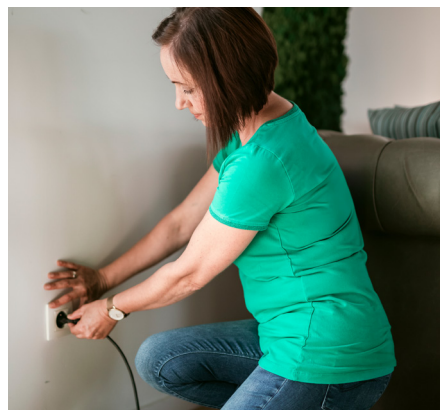


! Do not run in your workplace or make any hasty movements.

! Do not get distracted during your work.



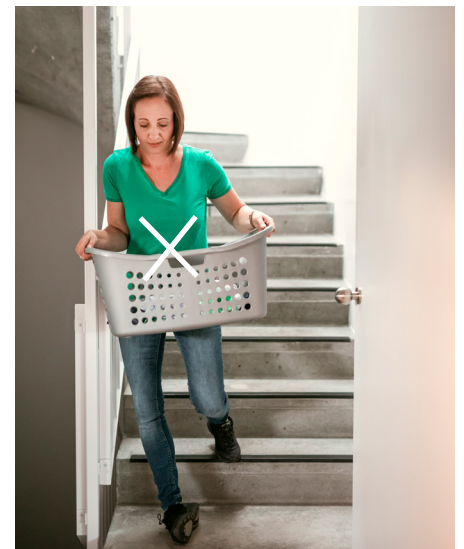
✓ Always plug cables into the nearest electrical outlet.



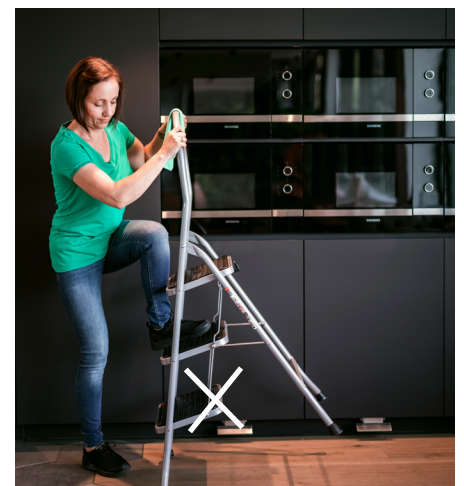
✓ If you notice a dangerous situation (loose cables or tiles), always report this to your customer.

✓ Pay attention to small height differences in the house such as sills, steps,...

! Don't wear things that interfere with your field of vision. Carry a laundry basket under your arm and not in front of you.



! Make sure you don't miss the bottom step of the stairs or stepladder and always hold on to the handrail.



## To slip

! Never walk on wet floors.

✓ Work towards the exit and the dry surfaces, then you should not walk on wet floors.



✓ Warn the customer about wet floors.

✓ Wipe up a water stain immediately.

✓ Beware of sudden movements and inappropriate speed of movement during work.

✓ Wear your work shoes or appropriate footwear with non-slip soles.



✓ When cleaning the bath and shower, you always wear appropriate footwear with anti-slip soles. Never stand on the bath rim.

✓ Always dry your footwear after brushing wet surfaces.

## To bump

✓ Close open cabinet doors and drawers.

! Open doors wide enough for easy access.

! Have you cleaned the oven, microwave or fridge, always close the door when you are done. This way you avoid bumping into it.

! Never stand on chairs or windowsills.



! Do not place chairs on the table to avoid falling and impact hazards.



✓ If you wear a mouth mask, attach the mouth mask with the nose clip so that it does not obstruct your field of vision.

