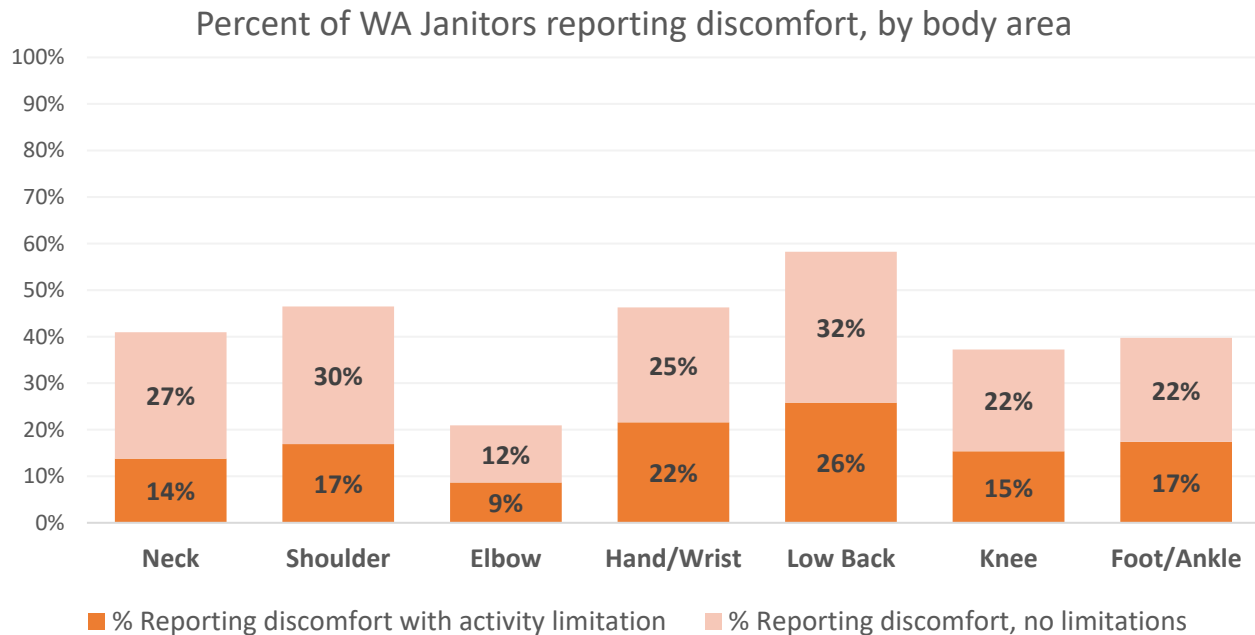


Janitors' Self-Reported Pain and Activity Limitations, by Body Area

Cleaners' Occupational Injury Reduction Emphasis - CORE



Professional cleaning work (janitors, cleaners, custodians) is often physically demanding and fast-paced, and includes repetitive motions and awkward postures. This can lead to work-related musculoskeletal disorders and workers' compensation claims, but also to pain and discomfort (regardless of diagnosis or claim filing) which can affect daily activities.

- Many janitors are living and working with pain.
- 76% of janitors & cleaners in a 2019-2020 statewide janitorial survey reported "trouble" (ache, pain, discomfort, numbness) in any one or more of 7 body areas: neck, shoulder, elbow, hand/wrist, lower back, knee, foot/ankle.¹ Of these workers:
 - 60% were women.
 - 63% reported discomfort in multiple body areas.
- Of those reporting discomfort (in one or more of these areas):
 - 55% indicated that this discomfort prevented them from carrying out normal activities, such as their job, housework, or hobbies.
 - 37% reported limitations due to discomfort in multiple body areas.

1. The Washington State Janitorial Workload Study, n=620 complete responses. For further details on methods and results, see: <https://onlinelibrary.wiley.com/doi/10.1002/ajim.23319> (Open Access).

For more information on preventing work-related injuries in janitors and cleaners, see: <https://lni.wa.gov/safety-health/safety-research/ongoing-projects/janitorial-workload-study>