

Cleaners' Safety Tip Sheet

A series of health and safety tips to prevent work-related injuries in the cleaning industry



Winter 2025

Tips for Safer Mopping

Safer

- Good handle length
- Upright body posture



Not as safe

- Handle too short
- Awkward back posture



For employees:

- Keep the mop handle almost vertical (straight up and down) and close to your body - this will help keep your back straight. Try to avoid awkward postures.
- The mop head should be 12 to 18 inches in front of your feet.
- If your mop handle is adjustable, adjust the mop handle to just below the chin when standing up. A mop handle of the right length can help prevent strain from arching or bending your back too much.
- Use a figure 8 motion when mopping to cover a larger area.
- Start mopping at the furthest wall and then work your way to the exit to avoid walking on wet surfaces.
- If available, use floor drains to empty mop bucket instead of lifting the bucket to the sink.

For employers:

- Provide: training and frequent reminders on best practices for safe cleaning, training on safe handling and storage of chemical solutions, protective equipment if needed for chemical hazards, and well-maintained equipment that can be adjusted to fit your employees.
- Employees must be allowed rest breaks ([RCW 49.12](#)).