

Assessment of repetitive tasks of the upper limbs: Vacuuming

Assessor name: Sean Sutton Date: 22nd January 2024 Company name: Simply Dazzle

Location: Generic Name of task: Vacuuming

Task description: The vacuuming of carpets and other even flooring.

What is the weight of any items handled? 11kg (Heaviest vacuum, George at Church Rooms).

(See MAC conducted for this task)

Which side of the body is primarily involved? both

What hand tools are used? Vacuum, which is pulled and pushed (see RAPP conducted for this task)

How often is the task repeated? every few seconds

The task is completed repetitively for 5 to 20 minutes at a time in an hour. The team member is required to rest for ten seconds every few minutes. This is to enable a break in the repetition. The break can be conducted by simply changing the routine, this can be by conducting a different task for that period. After 20 minutes the team member is required to take a 5 to 10 minutes change of task, changing the repetition for that duration.

For most cleaners this will occur no more than three times in a day. There will be some cleaners who conduct this cycle up to 5 or 6 times a day. Those that conduct it the most will also be conducting days of a similar nature for 4 to 5 times a week.

Workers are encouraged as stated above to rotate the vacuuming with other tasks such as dusting, emptying bins, replenishing stock items.

Risk factors	Left Arm		Right Arm	
	Colour	Score	Colour	Score
Arm Movement		6		6
Repetition		6		6
Force		4		4
Head/Neck posture		2		2
Back Posture		2		2
Arm Posture		2		2
Wrist Posture		0		0
Hand/Finger Grip		0		0
Breaks		0		0
Work Pace		1		1
Other Factors		0		0
Total Score		23	Total Score	23
Duration Multiply	X 0.75		X 0.75	
Exposure Score		17.25	Exposure Score	17.25
Psychological Factors	No factors			

The exposure score concerns those who work for more than six hours in one day, for most of the team the score will be lower. Due to the nature of the work, it is difficult to reduce this score, team are encouraged to therefore rest regularly and change their tasks frequently.

