

Assessment of repetitive tasks of the upper limbs: Sweeping & Mopping

Assessor name: Sean Sutton Review Conducted: 22nd January 2024

Date: 22 January 2023 Company name: Simply Dazzle

Location: Generic Name of task: Sweeping & Mopping

Task description: The sweeping and mopping of hard flooring

What is the weight of any items handled? Based on the heaviest system we use (Kentucky system, with stick and head, with 10 ltrs of water on average used) 16kgs.

(See MAC conducted for this task)

Which side of the body is primarily involved? both

What hand tools are used? Brushes and mop, wringer for mop bucket

How often is the task repeated? every few seconds

The task is completed repetitively for 10 to 40 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 with other tasks such as dusting, emptying bins, replenishing stock items.

Risk factors	Left Arm		Right Arm	
	Colour	Score	Colour	Score
Arm Movement	Due to moving objects or wringing out mop.	4.5		4.5
Repetition		3		3
Force		6		6
Head/Neck posture		2		2
Back Posture	Team to use best neutral position possible when mopping.	1		1
Arm Posture	There should be no reason to raise the arm to chest height	1		1
Wrist Posture		0		0
Hand/Finger Grip		0		0
Breaks		0		0
Work Pace		0		0
Other Factors		0		0

Total Score		17	Total Score	17
Duration Multiply	X 0.75		X 0.75	
Exposure Score		12.75	Exposure Score	12.75
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.