

Health and safety risk assessment checklist

Cleaning

When answering these questions, you should consider whether there are any factors in your working environment that impact absenteeism due to sickness in your workplace. If you identify any health and safety problems that can contribute to absenteeism due to sickness (e.g. occupational accidents), you should include them in your considerations when prioritising and drawing up an action plan.

Poor working postures

Yes No

Do employees work in a stooped position, with raised arms, squatting, on their knees or in other poor working postures, or do they stand/walk around most of the working day?

Repetitive and physically demanding work

Yes No

Do employees strain their bodies in the same way over long periods, e.g. due to working with mops, vacuum cleaners or wiping down furniture and repeating the same motion over a long time?

Heavy lifting

Yes No

Do employees lift sacks of waste, laundry, salt, buckets of water, chemical cans, foil rolls or heavy furniture?

Pulling and pushing

Yes No

Do employees exert a lot of physical effort when pulling or pushing rolling containers, waste containers, trolleys, furniture, etc.?

Wet or damp hands

Yes No

Do employees work with wet or damp hands for more than 2 hours a day?

Hazardous substances and materials

Yes No

Do employees work with hazard-labelled products such as cleaning, washing, detergent and disinfectant agents?

Dust

Yes No

Is there a risk of employees being exposed to dust that contains hazardous substances, or do employees work with gloves made from natural rubber, which can cause allergies?

Large workload, time pressure and unclear requirements

Yes No

Are employees often too busy or assigned too many tasks at work?

Help and support from management and colleagues

Yes No

Do employees need help and support from management and colleagues?

Offensive behaviour

Yes No

Has anybody at the workplace been subjected to bullying, sexual harassment, discrimination or any other offensive acts by management or their colleagues?

Acute and excessive physical load

Yes No

Is there a risk of employees acutely overloading their bodies, e.g. when lifting bags of laundry or pulling/pushing rolling containers, waste containers, trolleys or furniture?

Falling and stumbling

Yes **No**

Is there a risk of employees falling or stumbling over clutter, goods, etc. on the floors of the facilities where they clean, or due to slippery floors or outdoor surfaces during the winter?

Fall to lower level

Yes **No**

Is there a risk of employees falling from ladders, work platforms, etc.?

Indoor climate

Yes **No**

Is there a bad indoor climate in the places employees have to clean?
