

Reducing Risks of Injuries to Laundry Workers

Occupational Health and Safety Agency for Healthcare in BC - (OHSAH)

In Partnership With

Campbell River Hospital	St. Paul's Hospital
Eagle Park Health Centre	Kiwanis Care Centre
Lion's Gate Hospital	Cedarview Lodge
Pleasant View Care Home	

RECOMMENDATIONS

- **Review policies and procedures.**
- **Place the bin slightly to the side rather than in front of the door, to reduce excessive bending, twisting and reaching.**
- **When folding laundry, work on a table that is a few inches lower than elbow height, to reduce awkward shoulder postures.**
- **Take regular micro-pause stretch breaks to reduce muscle fatigue.**
- **A spring-loaded cart is an intervention example that would reduce awkward bending at the waist.**



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Occupational Health and Safety Agency for Healthcare in BC

Making Healthcare a Healthier Place to Work

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