

Building Caretaker

English version



Occupational Risk Prevention
For Employees

MANUAL HANDLING - AWKWARD POSTURES

Possible injuries: back, shoulder, elbow, wrist, and hand pain.

- ▶ Push or pull only one waste container at a time.
- ▶ Use handling aids: container washing positioners, motorized container pushers (PTA) for moving bins.
- ▶ Limit awkward postures: kneeling, squatting, etc.
- ▶ Lift loads by getting close to them, keeping your back straight and knees bent.
- ▶ Limit carrying distances and the amount carried: use professional cleaning carts and reduce water bucket volumes.
- ▶ Use a wringer instead of a mop, microfiber cloths instead of sponges, telescopic handles for high cleaning.
- ▶ Request training on manual handling and work posture risks.

SAME-LEVEL FALLS

Risks: slips due to weather or wet floors - possible falls, sprains, fractures.

- ▶ Wear comfortable, lightweight, closed shoes with non-slip soles.
- ▶ Inform your employer if areas are poorly lit.
- ▶ Keep premises tidy and access ways clear.
- ▶ Watch out for wet floors (use warning cones), uneven surfaces, and damaged floors.

WORKING AT HEIGHT

Examples: stairs, window cleaning, changing lightbulbs, roof access - risk of falls, sprains, fractures.



- ▶ Use telescopic equipment, secure lightweight rolling platforms, or stair-specific platforms.

Reminder: working on ladders or stepladders is prohibited (French Labour Code Art. R.4323-63) except in exceptional cases, for low-risk, short-duration, non-repetitive work.

- ▶ For roof work, ensure guardrails are in place; if not, inform your employer.

ELECTRICAL RISK

Risks: electric shock, burns.

- ▶ Request electrical safety training for tasks like changing a bulb or working in electrical environments.
- ▶ Never handle electrical equipment on wet floors or with wet hands.

PSYCHOSOCIAL RISKS

Risks: verbal abuse, incivility, vandalism, property damage, psychological isolation, insecurity, serious incidents.

- ▶ Post duty hours on the concierge lodge door.
- ▶ Request training in handling aggression and conflict situations.
- ▶ Report organizational or equipment issues to the employer.
- ▶ If experiencing difficulties, request a medical visit with the occupational physician.

INFECTIOUS RISK

Sources: pigeon or rat droppings, used syringes, trash on floors in waste rooms or communal areas.

- ▶ Wear protective gloves.
- ▶ Do not pick up trash by hand, especially from wall bins, and never compress bin contents with your hands—use a broom or stick.
- ▶ If needles are found, pick them up with tongs, place in a special sharps container (DASRI) and take to a pharmacy (never throw in regular trash).
- ▶ For pigeon droppings, use wet cleaning with disinfectant; avoid pressure washers or sweeping to prevent airborne particles.
- ▶ Wash hands regularly with soap and water or use hand sanitizer.



THERMAL ENVIRONMENT

- ▶ Protect skin exposed to the sun (sunscreen, sunglasses).
- ▶ Wear clothing appropriate for the temperature.

USE OF MACHINES AND TOOLS

Risks: cuts, amputations, entanglement of fingers, hair, clothing in moving parts, flying debris, noise.

- ▶ Wear PPE: safety shoes, safety goggles or face shield, gloves, hearing protection (earmuffs or plugs).
- ▶ Immediately report defective equipment to your employer.
- ▶ Maintain machines after each use.

CHEMICAL RISK - DUST

Risks: skin and/or respiratory irritation, allergies.

❖ Disinfectants, cleaning products...

- ▶ Read hazard pictograms and packaging information.
- ▶ Do not pour products into food containers or those used for other substances; label any new containers.
- ▶ Wear nitrile gloves, regularly cleaned workwear, and safety goggles in case of splashes.
- ▶ Spray products onto a cloth, not directly on surfaces, to avoid inhalation.
- ▶ Use products in well-ventilated areas; air out during and after use.
- ▶ Never mix products - toxic gases can be released (e.g., bleach + acid).

▶ Avoid overdosing; follow supplier's dilution guidelines.

- ▶ Store products in a closed, dedicated, ventilated room, out of public reach.
- ▶ Wash hands with soap and water after use.
- ▶ Request training on chemical hazards.

❖ Dust

Work in dusty areas (basements, parking garages, green spaces).

- ▶ For outdoor parking lot blowing: wear at least an FFP1 dust mask and a face shield.
- ▶ For basements and indoor parking: clean using wet methods or vacuuming.

LEARN MORE

For any questions, contact your occupational physician or the multidisciplinary team of your Occupational Health and Prevention Service

SANTÉ
AU TRAVAIL

AISMT 13

prévenir
les risques
professionnels

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PRÉVENTION ET SANTÉ AU TRAVAIL

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