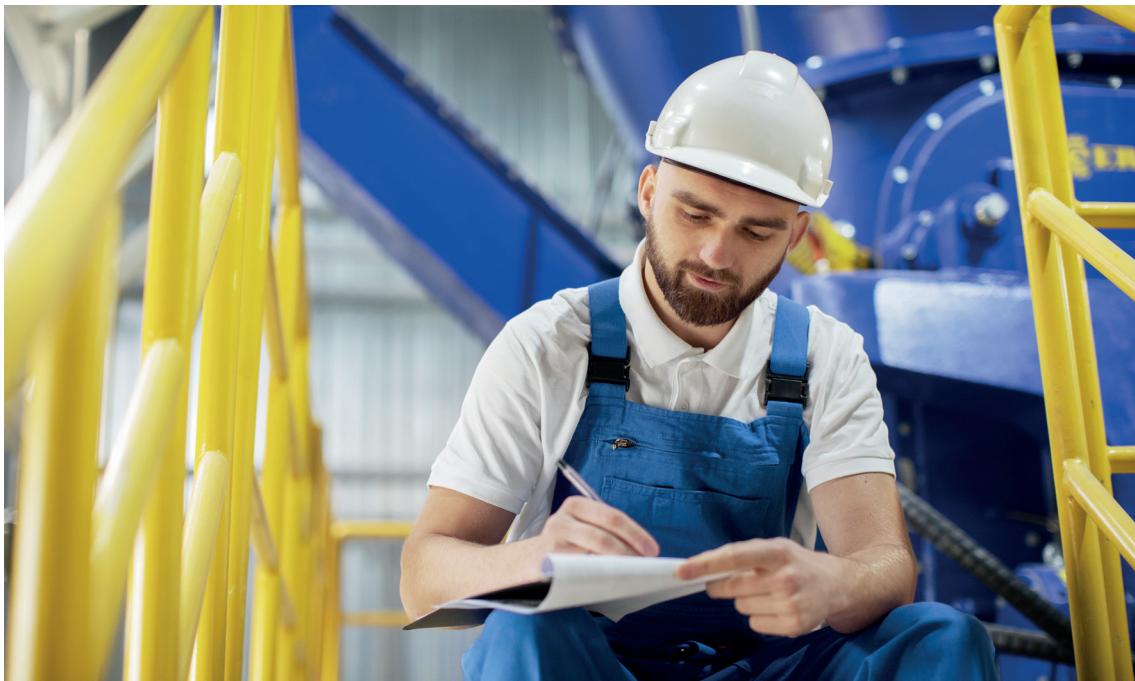


Maintenance Workers

English version



Your job includes a variety of tasks.
Even for short tasks, it is important to protect yourself according to each activity and each risk in order to preserve your health.

Occupational Risk Prevention For Employees

You handle loads, equipment, furniture...

You are at risk of injury (back pain, lumbar pain...) and occupational illnesses.



- ▶ Break down heavy loads, lift bulky items with two people.
- ▶ Report any difficulty to your employer.
- ▶ Use proper posture when lifting:
 - ⇒ Get close to the load.
 - ⇒ Spread and stagger your feet.
 - ⇒ Bend your knees.
 - ⇒ Avoid twisting your back.

- ▶ Limit manual handling: use appropriate handling aids (dollies, carts...), organize your work, store items at ground level and close to work areas.

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You use cleaning chemicals, paints, glues, solvents... You use processes that release vapors and fumes.

You may be exposed to chemical risks.

These substances can cause burns, skin or respiratory allergies, and varying degrees of poisoning—sometimes with long-term effects—through inhalation, ingestion, or skin contact. Be especially cautious with wood dust, gasoline, welding fumes, and tasks such as drilling or sanding on old materials that may contain asbestos (a known carcinogenic risk).

- ▶ Read labels (learn the pictograms), follow use instructions (dilution, ventilation, proper storage, product compatibility).

- ▶ Prefer safer or less hazardous products.
- ▶ Never mix chemicals.
- ▶ Never transfer products to unlabelled containers.
- ▶ Wear Personal Protective Equipment (PPE) adapted to the task: gloves, protective clothing, goggles, cartridge masks, gauntlets, etc., following safety data sheets and procedures (e.g., dust mask for dusts, cartridge mask for vapors).



Corrosive



Gas under pressure



Health hazard / Environmental hazard (e.g., ozone layer)



Explosive



Flammable



Hazardous to the environment



Oxidizing



Serious health hazard



Toxic

You adopt awkward postures (arms overhead, squatting, twisting...) or repeat the same movements

You may develop musculoskeletal disorders (MSDs).

- ▶ Work facing the task, at the right height.
- ▶ Use tools adapted to the task.
- ▶ Alternate tasks and positions.
- ▶ Stay hydrated.

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You use tools and machinery (drill, grinder, brushcutter, small tools...).

You are at risk of injury or cuts.

- ▶ Know and follow use and safety instructions. Use machines only with guards in place.
- ▶ Get recommended vaccinations.
- ▶ Report defective equipment.
- ▶ Wear appropriate PPE (safety shoes, goggles, gloves...).

You are exposed to vibration (hands, arms).

- ▶ Use low-vibration tools (preferably with anti-vibration systems).
- ▶ Alternate tasks.



You are exposed to noise.

- ▶ Use the quietest tools available.
- ▶ Always wear hearing protection (earplugs or earmuffs), even for short tasks.

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You change lightbulbs or use electrical tools.

You may be exposed to electrical shock or electrocution.

- ▶ Hold electrical clearance before performing electrical work and wear proper PPE.
- ▶ Regularly check equipment. Do not make makeshift repairs. Report malfunctions.
- ▶ Avoid power strips and extension cords.
- ▶ Know what to do in case of electrical accidents.

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You work on ladders, steps, or at height.

You are at risk of falls from height.

- ▶ Use safe and compliant equipment: secured ladders, individual platforms, scaffolding...
- ▶ If no collective protection is available, wear appropriate fall protection gear (e.g., harness) and get proper training.

You drive for work.

You are exposed to road hazards..

- ▶ Use vehicles in good condition and with safety equipment.
- ▶ Follow traffic laws.
- ▶ Never use your mobile phone while driving – even with a hands-free kit.

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You work outdoors (snow removal in winter, landscaping in summer...).

You are exposed to weather conditions (cold, heat, wind...).

- ▶ Wear suitable clothing, take breaks in a warm or cool place, and stay hydrated.

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You manage multiple tasks, sometimes in a rush, you may work alone, or be in contact with the public.

You are at risk of psychosocial hazards.

- ▶ Report incidents or issues to your employer.
- ▶ Know your job description and procedures.
- ▶ Ask for help or advice (supervisor, coworker, occupational doctor...).

- ▶ Emergency planning (accident, fire):
 - ⇒ Know what to do in case of emergency.
 - ⇒ Identify fire extinguishers and learn how to use them.
- ▶ Healthy habits:
 - ⇒ Ensure sufficient rest (sleep).
 - ⇒ Eat a balanced diet and limit stimulants (coffee, tea...).
 - ⇒ Avoid substances that impair behavior or reflexes.
 - ⇒ Regular physical activity protects your joints.

LEARN MORE

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

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