

Safety Flash

Ironing at the client's premises or in the ironing workshop



Stop



Think



Act

If you follow the **Stop - Think - Act** methodology, you will proceed sensibly. *sagesse.*



STOP Assess the risks and follow the safety regulations.

Basic rules

- Wear appropriate work shoes.
- Put all supplies and tools within easy reach.
- Adjust the ironing board between elbow and hip height.
- Put the laundry basket at a height.
- Check the socket, the junction box, the iron and the electrical cord.



THINK Devise a safe course of action.

Basic rules at the client's

- Divide the ironing task and alternate with other tasks in between.
- Do not iron in the vicinity of children, and always allow the iron to cool down safely. Adjust the working order of your cleaning tasks accordingly.

Basic rules in the ironing workshop

- Improve blood circulation, lessen the fatigue in your legs and lower back by using the anti-fatigue mat.
- Ventilate the room. Regularly open a window or door.
- Go outside during your break and drink plenty of water.



ACT Stay safe at work

Basic rules

- Take care of your posture and keep "3 noses in the same direction". Your nose, your toes and the iron all point in the same direction.
- Alternate positions:
 - › Place one leg in front of the other.
 - › Occasionally place a foot higher on a bench.
 - › Adjust your legs to straddle.
- Keep your shoulders relaxed and your elbows close to you.
- Work from a loose wrist without pressing unnecessarily hard on the handle of the iron.

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Assess risks and devise a safe course of action

What to do in case of an incident or a (fire) accident?

- Apply the First aid '20-minute cooling rule' for every burn.
- Notify the client or the ironing supervisor and the consultant.
- If necessary, consult a doctor.
- The consultant or the ironing supervisor will report the incident/accident to Prevention.

What to do in case of a spark or an incipient fire?

- Switch off the appliance, and unplug it.
- Make an attempt to put out an incipient fire, by extinguish at the base of the flames. Extinguish from a safe distance of 3 to 4 meters.
- Get yourself to safety.
- Call the client if necessary.
- Call the fire brigade.
- The ironing workshop always notifies Facility.

What to do in case of issues with the ironing board, the iron, the socket, loose cables or tiles, mould ...?

- Switch off the appliance, and unplug it.
- Notify the client or the consultant.
- The ironing supervisor or the consultant will report the issue via the notification portal Facility.

What to do in case of violence, bullying, (sexually) transgressive behaviour at work by a "third party", a client, a client's spouse, a passer-by ...

Notify the consultant or the ironing supervisor. Through them, you can contact the confidential advisor.

INTERNAL SERVICE FOR PREVENTION AND PROTECTION AT WORK:

preventiedienst@groupdaenens.be