

Building Caretaker

English version



Occupational Risk Prevention
For Employees

présanse
PRÉVENTION ET SANTÉ AU TRAVAIL
PROVENCE-ALPES-CÔTE D'AZUR-CORSE

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

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