*Safe Work Practices*Lifting and Turning Mattresses

**Hazards:** Heavy, awkward mattresses can lead to strains and other soft-tissue injuries

**Equipment:** Portable vacuum unit for detailing during mattress rotation

**Personal protective equipment:** Properly fitted uniform (ensure proper pant length), slip-resistant shoes, gloves (optional)

**Training required:** On-the-job training, including safe lifting technique

**Legal requirements:** N/A

# Safe work practices

1. Use a team of two people for this task. Don’t lift or turn a mattress without help.
2. Remove bedding.
3. Ensure that there is enough space to turn the mattress.
4. First swivel the mattress in a perpendicular fashion.
5. Vacuum the headboard and areas that are hard to reach.
6. If you need to flip the mattress, flip it onto one of its sides (long edge). Flip it carefully — be sure to communicate with your partner when coordinating the flip.
7. Rotate the mattress (use seasonal schedule, if required).
8. Check and re-balance the bed skirt. If it needs to be changed, handle it before re-setting the mattress.
9. Check the head board and bed frame or bed box for any deficiencies that will require maintenance.

References: *Ergonomic Tips for the Hospitality Industry: Preventing Injuries to Room Attendants* (WorkSafeBC pamphlet PH61)

 *Back Talk: An Owner’s Manual for Backs* (WorkSafeBC publication BK4)