



APV Checklist

Cleaning



When reviewing the questions, you should be aware of conditions in the work environment that are important to your health and safety. If you find work environment problems that may contribute to illnesses such as work accidents, poor working positions, and work pressure, you should include them when prioritizing and developing an action plan.

APV Questions	Yes	No
<p>Poor working positions Do you work in a forward-bent posture, with raised arms, kneeling, or in other poor working positions? Do you stand and walk for most of the workday?</p>		
<p>Repetitive, straining work Does your body perform the same movements over an extended period—for example, because you work with mopping, vacuuming, or moving inventory, where you repeat the same movement many times?</p>		
<p>Heavy lifting Do you lift bags of waste, laundry, salt, dirty water, chemical containers, foil rolls, or other heavy items?</p>		
<p>Pulling and pushing Do you use significant force when pulling or pushing roll and waste containers, carts, or equipment?</p>		
<p>Wet or damp hands Do you work with wet or damp hands for more than two hours a day?</p>		
<p>Hazardous substances and materials Do you work with hazardous products such as cleaning, washing, sanitizing, and disinfecting agents?</p>		
<p>Dust Is there a risk of exposure to dust that contains hazardous substances, or do you work with gloves made of natural rubber that may cause allergies?</p>		
<p>High workload, time pressure, and unclear expectations Do you often have too many tasks or face unclear job expectations?</p>		

<p>Help and support from management and colleagues Are you lacking help and support from your management and colleagues?</p>		
<p>Offensive behavior Are there employees at the workplace who are subjected to bullying, sexual harassment, discrimination, or other offensive actions by management or colleagues?</p>		
<p>Acute physical overload Is there a risk of acute overload on the body when lifting, for example, bags of laundry, or pulling and pushing roll and waste containers, carts, or equipment?</p>		
<p>Trips and falls Is there a risk of tripping over clutter or items on the floor in the areas where you clean, or because the floor is slippery, or outdoors due to ice in winter?</p>		
<p>Falls from a lower level Is there a risk of falling from ladders or work platforms?</p>		
<p>Indoor climate Is the indoor air quality poor in the areas where you clean?</p>		
<p>Kindly add any relevant comments</p>		
<p>Source Danish Working Environment Authority (Arbejdstilsynet) https://apv.at.dk/</p> <p>Translation by HORESTA</p>		 

APV Action Plan

Describe the problem	Describe the solution	Assigned person	Deadline and priority

Signatures:

Employer

Date

Employee

Date