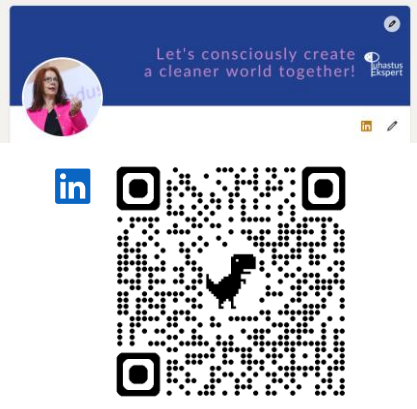




Helge Alt professional trainer since 1993, optimist and motivator



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2



THE GOAL OF
CLEANING IN
CLEANLINESS



Are you agree:

effective cleaning removing dirt what doesn't belong –
with as little and easy as possible?

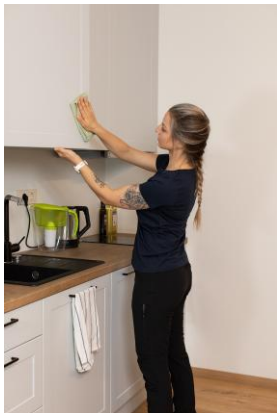
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3

Co-branded with



4



Cleaning at home soothes the mind.



Cleaning for a living strains the body.

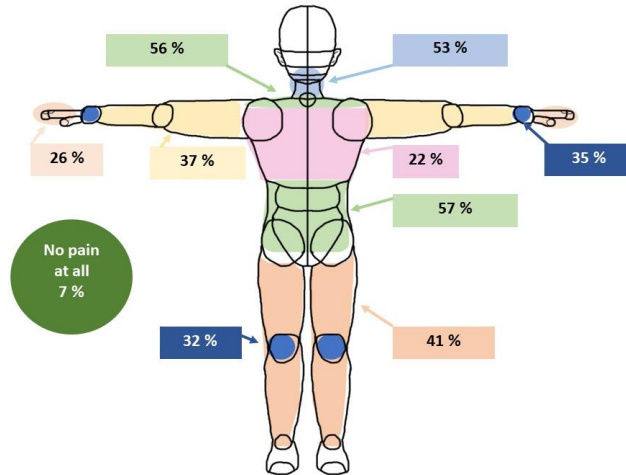


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5

Is pain just part of cleaning or can we change that?



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6



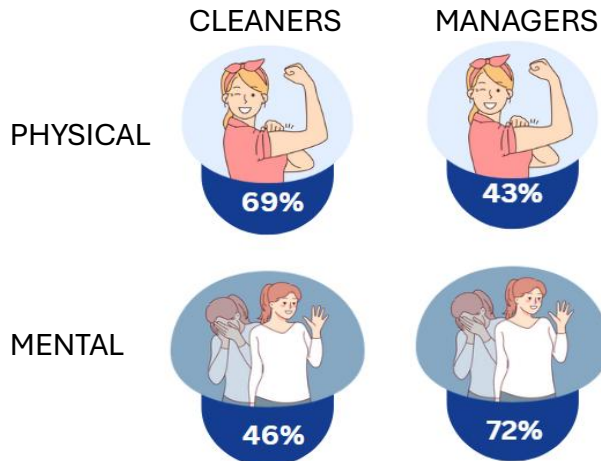
Cleaning staff take **TWICE** as many sick days
as workers in other professions.

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The **mental load of cleaning** is just as real as the physical one.



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8

We created what didn't exist!



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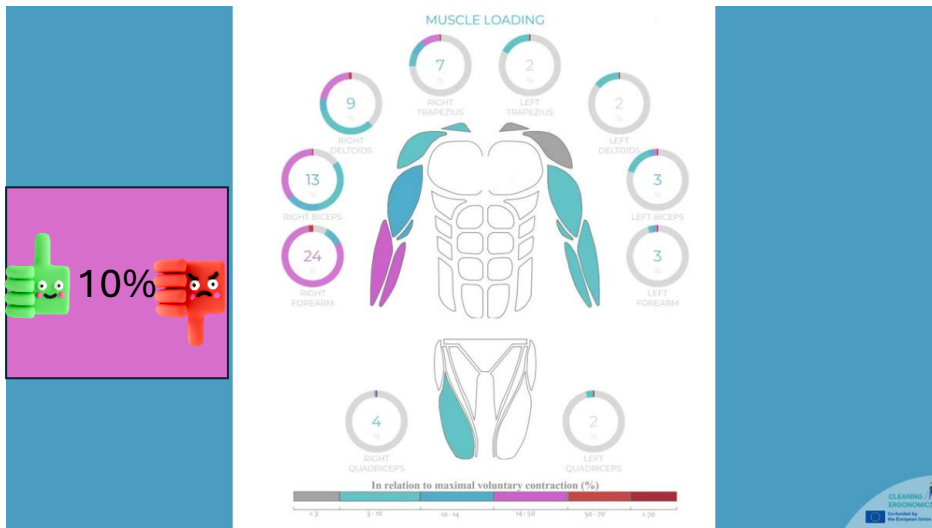
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9

Without data, you only have an opinion.

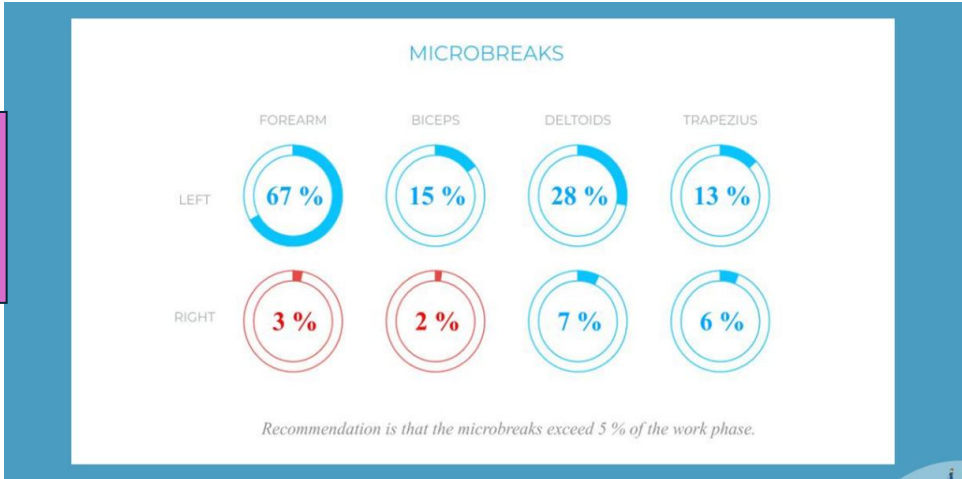
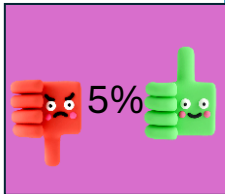
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10

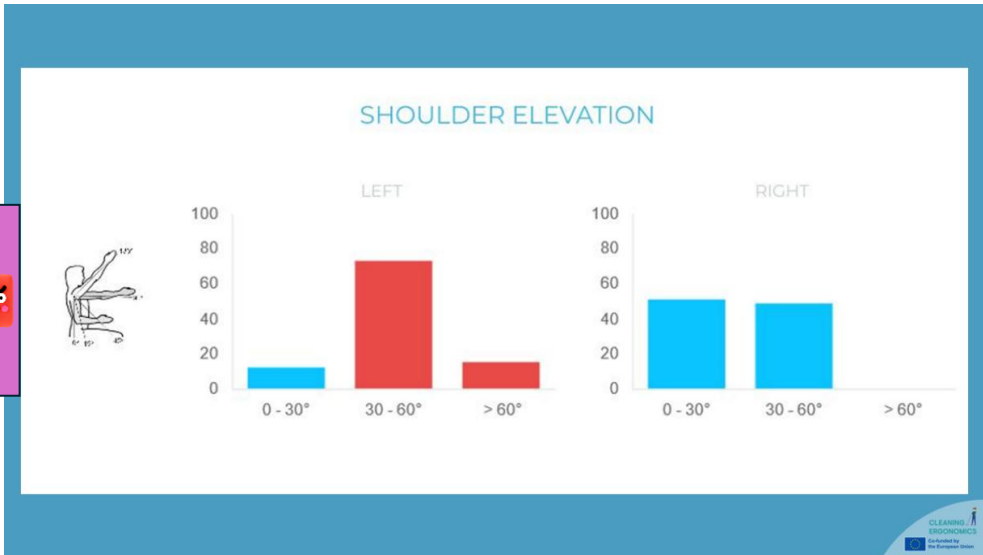
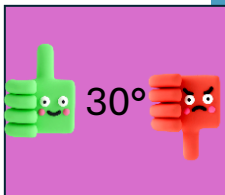


PUHASTUSEKSPERT.EE CONSCIOUSLY CREATE A CLEANER WORLD TOGETHER!

11



12



13

Wet mopping forwards



Wet mopping backwards



14

Smartwear tests – Main findings

- Workload is individual, but measurements show it is generally similar
- Tool use matters- correct method from start
- Moist and wet mopping methods should be replaced by machine work.
- Repetitive work over time is a risk factor → Vary working methods.
- Use large muscle groups → Use the strength of the leg muscles when cleaning.
- Using too long a shaft, too wide a mopping width, or too heavy a method compared to soiling causes unnecessary, harmful workload.

15

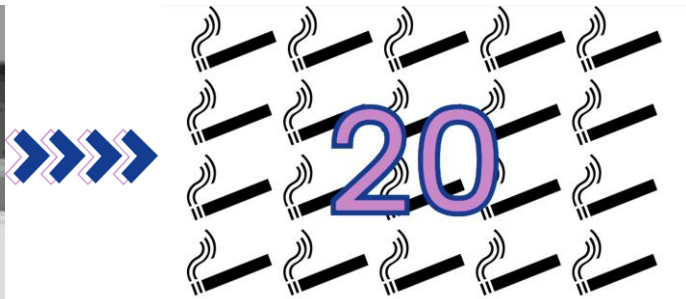
Big change starts with **small** actions today!



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Less spray - your lungs, hands, and cleaning results will thank you.



Please write in the Chat %
OF YOUR **CLEANERS ARE USING SPRAY BOTTLES**

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Wet cleaning with buckets is a **lose-lose**:
bad for body, bad for the surface, bad for results.



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18

Big topic, made simple -
bulletproof materials and videos – 20 most
common occupational diseases /work accidents



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19

Need help implementing change and train professional cleaning team?



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we're here for you.

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