

Work smarter, not Harder

Ergonomics for cleaners

ANDREA HAUCK
PETER STRAUCH



i-team®

i-teamglobal.com

About the authors



Andrea is a physiotherapist with a lifelong passion for healthy muscle function and movement. Years ago, when a cleaner came to her with muscle and joint pain from heavy work, she decided to specialize in ergonomics. Andrea now focuses on designing ergonomic tools and methods, especially for daily cleaning tasks. She hopes this guide helps companies and cleaning professionals stay healthy throughout their careers.



Peter studied ecotrophology at Bergedorf University of Applied Sciences, specializing in cleaning technology, business management, personnel, and ergonomics. Committed to improving working conditions for cleaners, he regularly publishes on ergonomics in commercial cleaning and provides training based on Professor Elke Huth's methods. Through this booklet, Peter aims to support building cleaning professionals in working more comfortably and efficiently.

Why ergonomics **in cleaning?**

Professional cleaning is essential everywhere. i-team Global provides tools that make your work easier. Though easy to use, they may handle differently than what you're used to. This guide offers tips to help you avoid physical pain on the job and keep a smile on your face.

Our goal? To reduce strain on you!

Each piece of equipment is designed for the task - and for you. This book shows how to use it in ways that suit your body. For instance, guiding the handle to keep your wrists straight helps prevent strain.

Every explanation includes a picture, and we've consulted cleaning experts to ensure accuracy.

Disclaimer: The information in this booklet is provided for general informational and educational purposes only.

The Golden Rules of Ergonomics

Keep it Close - No Twists - Use Tools

This guide offers tips to protect your body while cleaning. It covers safe ways to lift, reach, and position yourself, all with the help of ergonomic tools and machines.



Transport

For short distances, carry items close to your body. This reduces strain on your back muscles.

For longer distances, use a trolley to move items with ease.



Light weight

Heavy weight

Lifting

Lift lightweight tools and objects close to your body. Stand close to the item, support yourself, and use a stable surface, like your knee or a table.

For heavy items, bend your knees to protect your back.

Reaching far spots

If reaching far, support yourself (e.g., on a table) to prevent back strain.

A telescopic tool can help you extend your reach comfortably.



Best working position

Stand directly in front of your work to avoid twisting. Look straight at what you're doing to keep your back and joints aligned.

Any movement should come from your legs, not your spine.

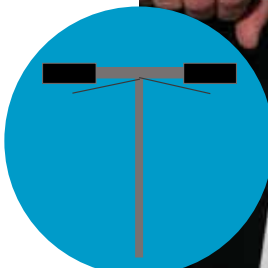


Use the power of tools and machines

Cleaning requires a firm grip throughout the day, which can be tiring. Machines are here to help! Use them to reduce strain, especially on your wrists. Always control machines with both hands, keeping your wrists straight to avoid twisting while applying force.



Let the equipment do the heavy work so you can protect your joints and muscles.

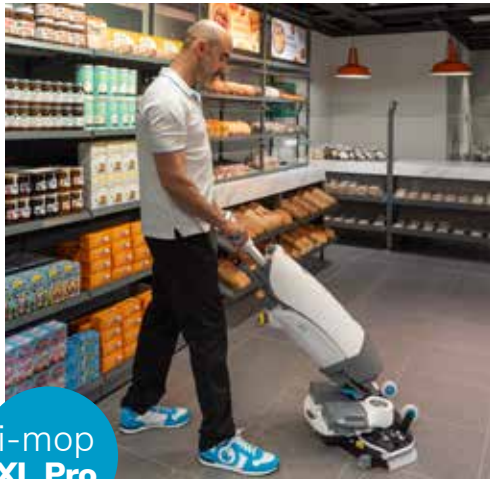




i-mop
Lite

i-mop

the flexible
scrubber dryer
that is gentle
on your body



i-mop
XL Pro



i-mop
XXL

CEO of i-team Global

Frank van de Ven:

"By focusing on the cleaner during the i-mop's development, we created the easiest machine in its class.

My goal is to foster greater respect for cleaners. With the i-mop, they can work upright, which is better for their bodies and makes them more approachable as part of the hospitality team."

How to use the i-mop

The i-mop significantly reduces manual labor. It is lightweight, and its rotating brushes do the hard work for you.



The control switches are located on top of the i-mop for easy access. They are simple to operate, allowing anyone to learn how to use them in just a few minutes.





Be one with the i-mop by positioning it directly in front of you.
This allows you to see exactly what the machine is doing.
Steer the i-mop with your body.



Always grip the handles with both hands. This allows for better control of the i-mop and keeps your wrists straight, reducing strain.

The handles are positioned at hip height, encouraging you to walk upright, which is best for your back muscles.

Move with your entire body, changing direction with the i-mop as one unit. This approach minimizes stress and maximizes results.

The i-mop can be steered in any direction, even under shelves, so you don't have to bend down.





Transporting the i-mop

You can easily pull the i-mop on its wheels if the floor is flat, which means you don't have to carry it.



The i-mop Lite is the smallest and lightest member of the family, making it easy to steer behind you.

The i-mop XL and XXL are larger and heavier. For your shoulders and back, it's better to steer these heavier models rather than pull them.

To transport the heavier models effectively:

1. Stand in front of the machine.
2. Allow the machine to lean towards you until it balances on its wheels.
3. Gently steer the machine forward to your desired location.



If the floor is uneven or the distance is too long, use a trolley for transport. Several i-lands are available in different sizes and configurations to facilitate this process.



By carrying the i-mop with other cleaning tools, you ensure you have everything you need, minimizing unnecessary trips to the storage room and saving walking time.

The i-scrub 26H increases your cleaning area



Cleaning surfaces is easier with a handheld device than with a cloth, and the i-scrub 26H is gentle on your fingers. There's no need to fold microfiber cloths anymore.

With the i-scrub, you can clean more surface area with less movement and less twisting which is better for your wrists.

How to use the i-scrub

The i-scrub 26H is perfect for cleaning around corners, such as in sinks and showers, as well as flat surfaces. This design allows you to apply the necessary strength more easily.

For higher or hard-to-reach areas, attach a telescopic wand to the i-scrub. This extension lets you clean without stretching or twisting, making tasks like shower cleaning more manageable. The telescopic wand significantly extends your reach, allowing you to access areas you might otherwise struggle to clean.





When cleaning a table, you often need to bend far forward, putting strain on your back as it supports your upper body. The i-scrub 26H reduces this strain by shortening your cleaning time. To ease pressure on your back, lean on the table while cleaning. You can use the tool to remove any handprints left by your supporting arm.



For even greater convenience, attach a telescopic wand to reach the far end of the table without needing to support yourself. This allows you to clean comfortably and effectively.

i-scrub 21B

Mechanical scrubbing for small areas

Manual scrubbing can be tedious and strain your back and wrists. The i-scrub 21B transforms manual scrubbing into mechanical scrubbing, making it ideal for small areas like bathrooms, showers, stairs, and small kitchens that are too cramped for a regular i-mop.

With rotating brush heads and a telescopic wand, you can clean both horizontal and vertical surfaces without bending down or stretching. Use the telescopic wand for horizontal surfaces and the handheld tool for vertical areas.

For wall cleaning, the brush head can be used without the telescopic wand. This method simplifies cleaning compared to scrubbing with a cloth, reducing physical stress on your body.





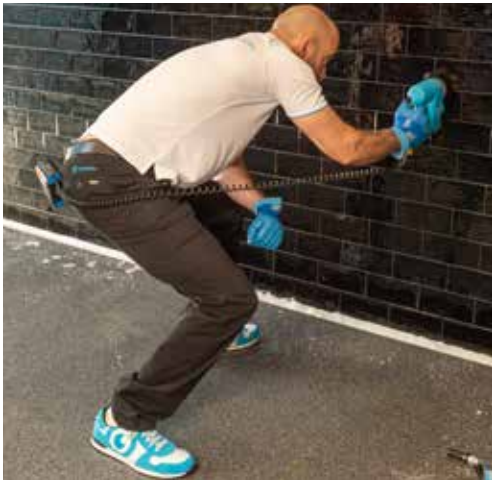
How to use the i-scrub 21B

Adjust the wand size

The telescopic wand can easily be adjusted with the handle near the top.

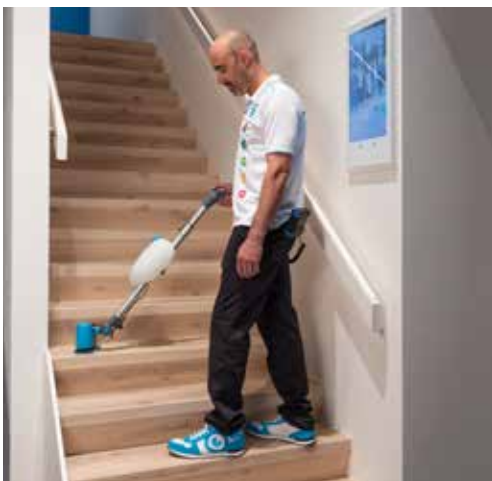
Set the handle to hip height.

This allows you to use the i-scrub comfortably.



Support yourself

If you need to bend down, support yourself to lessen strain on your back and joints.



Working on stairs

Stand with both feet on one step while cleaning stairs. This helps you stay straight and secure.

The i-move 2.5B

an easy-to-carry vacuum

The i-move 2.5B makes cleaning easy. Its rechargeable battery means no bending down to change sockets. Perfect for tight spaces like cinemas and theaters, this backpack vacuum lets you move freely without dragging it behind you. Plus, its design keeps the machine away from your back, preventing heat transfer.



How to use the i-move 2.5B

Simply put it on like a hiking backpack. Adjust the three straps for a snug fit to your body, which allows you to move freely while vacuuming. Your back will be thankful!





Adjusting the telescopic tube

Set the telescopic tube to a comfortable height by measuring from the back of your foot. The Hoover nozzle should be positioned two large steps away from your heel.



Maintaining good posture

Keep the arm that moves the tube at hip height. In open spaces, turn your feet and body together to ensure your back remains straight. When you need to bend down, support yourself to let your arm carry the weight.



Standing and moving on stairs

On stairs, always have both feet on the same level for safety.

The i-fibre Pro

effortless cleaning of minor soiling

The i-fibre Pro is designed to clean minor soiling with minimal effort. You don't need to carry extra accessories, buckets, or mops - just one efficient tool to get the job done.

How to use the i-fibre Pro

Adjust the wand

Set the wand to your height so that the button is at chin level for comfortable use.

Easy maneuverability

The handle features a 360° rotating knob at the top. Hold the knob loosely with one hand while using your lower hand to move the wand, reducing shoulder strain.

Effective cleaning action

Press the yellow lever at the top to spray water mixed with detergent onto the floor in front of the mop. This lets you tackle dirt spots easily with one device.





i-suit and i-glasses less stress on your neck and back

The i-suit is designed to minimize stress on the body and neck for window cleaners. Invented by renowned window washer Fred de Ridder, it aims to help cleaners work comfortably until retirement.

"I designed the i-suit to let window cleaners work until they retire. With this solution, the stress on the body is so low that your body can actually handle it."



The i-suit features a telescopic pole, which acts as a long lever, making it challenging to control. By redistributing approximately 50% of the weight through the balancer and backpack frame, it significantly reduces the effort needed to manage the pole, easing pressure on your joints and muscles.



i-suit
Pro

There are two models available: the classic version and the new i-suit Pro. The Pro model is even lighter and eliminates the weight hanging above your head, offering 20% more relief compared to the classic version.



i-suit

How to use the i-suit

Wear the backpack

Put on the i-suit like a hiking backpack. Adjust the straps to fit your body length for a secure and comfortable fit.





Secure the straps

Tighten all three straps so you can move easily.

Attach the telescopic pole

Kneel to attach the telescopic pole at the lower end, which prevents the need to hold it freely.



Grip the pole correctly

Hold the pole with your upper palm facing upwards to avoid wrist twisting. Keep your elbows parallel to your torso for added shoulder comfort.

Guided movement

Move the pole with large, steady steps forward and back, allowing your feet to guide its up-and-down movement. Shift the pole smoothly from left to right with a balanced swing to transition effortlessly from one window to the next.

How to use the i-glasses

The i-glasses make cleaning more comfortable by reducing neck strain. When cleaning, you often look up, which can quickly cause neck pain - an issue common among window cleaners. The i-glasses solve this with prism lenses that bend light, allowing you to see your work clearly without tilting your head. Your neck stays relaxed, and you can keep an eye on your surroundings without moving your head up and down constantly.



The -vac product family

lightweight and built for easy,
upright cleaning



How to use the ☺-vac family

Adjust the tube length and hold the hose correctly

Set the telescopic tube to a comfortable length so the nozzle is about two large steps from your rear foot. This position minimizes back strain as you vacuum. Hold the hose in your working hand and keep that arm steady at your hip. Use your other hand to guide the tube behind your back. This upright position allows you to move forward using your whole body, keeping strain off your arms. If a spot needs multiple passes, move your body back and forth with gentle, rocking steps.



Lift and transport

Carry the ☺-vac close to your body to avoid unnecessary strain. The vacuum's egg-shaped design makes it easy to lift and move without tipping, so you can transport it effortlessly.



Vacuum low areas

For hard-to-reach spots, like under tables, bend down and support yourself by resting one arm on your leg. This technique shifts your weight away from your back, making it easier and safer to clean under low furniture.



Ergonomic essentials for cleaners:

Your guide to pain-free work

In professional cleaning, the right tools and techniques can make all the difference. But even with advanced equipment, knowing how to use it properly is essential to avoid strain and stay energized on the job.

Created by i-team Global in collaboration with ergonomic experts Andrea Hauck and Peter Strauch, this guide introduces easy-to-follow techniques to protect your body and enhance comfort as you clean.

With expert tips and detailed images on every page, you'll learn simple adjustments - like keeping your wrists straight while guiding a handle - to prevent physical pain and make each task feel manageable.

**This book empowers you to clean smarter,
stay stronger, and enjoy the work you do.**

Because everyone deserves to age healthily and thrive in their work.

Contact details of the authors

Andrea Hauck: andrea.hauck@koerpergerechtes-arbeiten.de

Peter Strauch: peter.strauch@koerpergerechtes-arbeiten.de

PS Fachberatung Gebäudereinigung, Hamburg, Germany

Object analysis, training, consultancy, ergonomics courses.

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i-team Global HQ

Hoppenkuil 27B
5626 DD Eindhoven
Netherlands

hello@i-teamglobal.com
+31 (0)40 266 24 00



i-teamglobal.com

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