



HRCT

Hotelería, Restauración, Catering y Turismo

IUF RECOMMENDATIONS

**Good health and Safety Practices
in the Housekeeping Sector**

RECOMMENDATIONS

- **These recommendations aim to foster good working practices, enhance the health and safety women/men workers in the sector and improve their performance and effectiveness in the workplace. They seek to avoid the risk of occupational diseases that may affect their future lives.**

UNIFORMS

- **Comfortable uniforms that enable ease of movement and are relevant to the work to be performed, closed necklines, knee-length skirts, and tunic and trousers for room cleaning.**
- **Adequate shoes for standing position with rubber soles to avoid slipping and falling.**



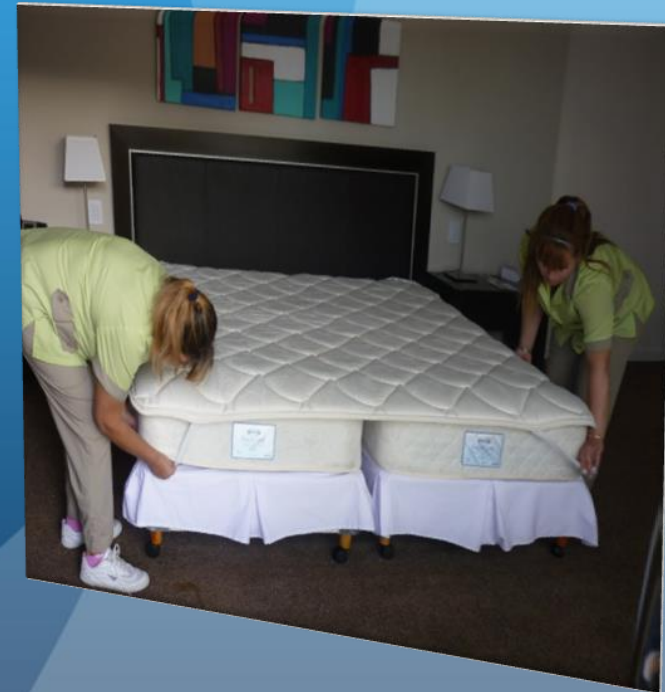
TOOLS AND MATERIALS

- Safe cleaning products and materials; hand, eye and airway protection in case toxic products are used.
- Lightweight and ergonomic housekeeping carts with big double bearing teflon wheels and pneumatic system to reduce physical effort, facilitate maneuvering and enable a clear view.



FURNITURE

- Lockable wheel beds and furniture to enable easy movement. Beds fitted with a system to move mattresses up and down to facilitate bed making and avoid awkward and unhealthy postures.
- Individual mattresses for either king-size or twin beds to facilitate work and avoid strenuous effort.
- Transparent plastic bags in bathroom bins to avoid manipulating potentially hazardous cutting devices or biological pollutants that can pose a threat to the individual.



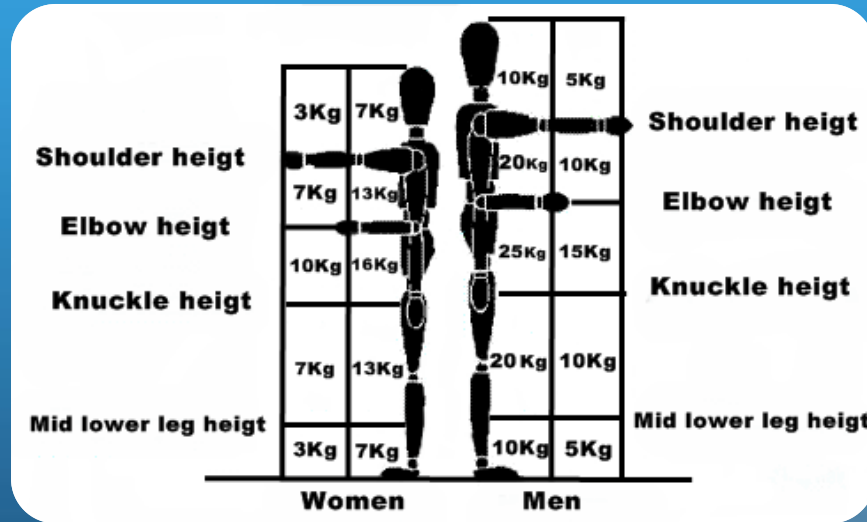
FURNITURE

- Bathrooms with non-slip floors, safety shower glass panels and mirrors to prevent accidents.
- Electrical installation with automatic switches (circuit breaker) to protect human lives.
- Adequate room ventilation systems while using chemical cleaners.



TRAINING

1- Load handling. Adequate techniques for weight lifting and risk reduction of potential injuries.



2- Potentially hazardous items that can pose a threat to the individual: razors, syringes and cutting devices.



TRAINING

- Toxic product handling.

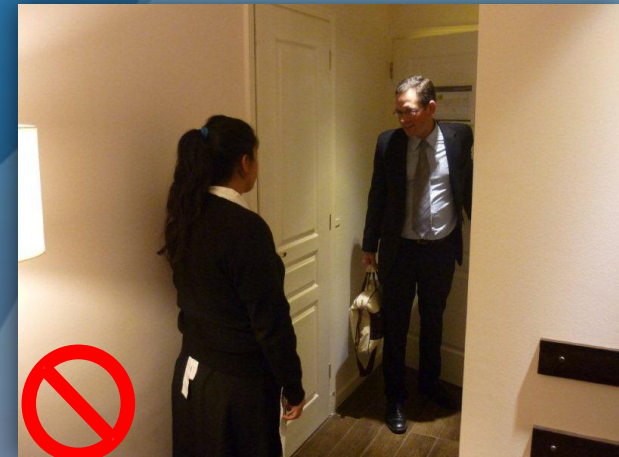


- Personal safety and emergency evacuation.



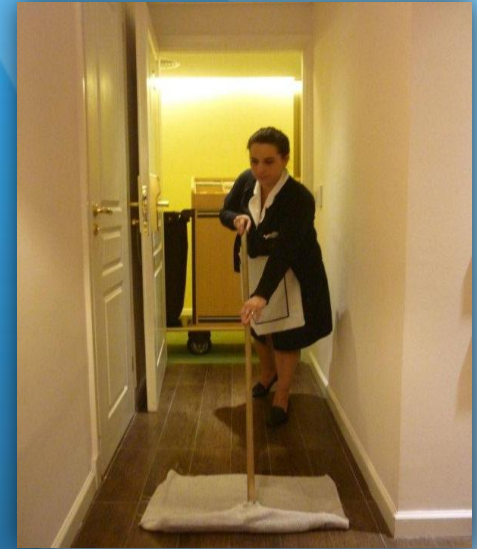
PERSONAL SAFETY MEASURES

- Using portable communication devices (anti-panic buttons, radios, etc.) for prompt assistance in case of emergency.
- Not staying alone in a room with a guest. If guest decides to come in, maids should leave the room and resume cleaning later on



PERSONAL SAFETY MEASURES

- Not closing the room doors while cleaning.
- Using adequately-sized cleaning carts to block room access while cleaning.
- Wearing gloves to remove dirty linen and towels.



PRODUCTIVITY STANDARDS

Hotel Category	M ² /hour	M ² /8 hour	Area
4 and 5 Stars	35 a 40 m ²	280/320 m ²	Rooms, bathrooms
1, 2 and 3 Stars	45 a 55 m ²	360/440 m ²	Rooms, common areas, public areas

1- The cleaning surface varies based on cleaning quality and standards.

2- Adequate coffee and meal breaks should be provided during the workday to regain energy and maintain performance levels.