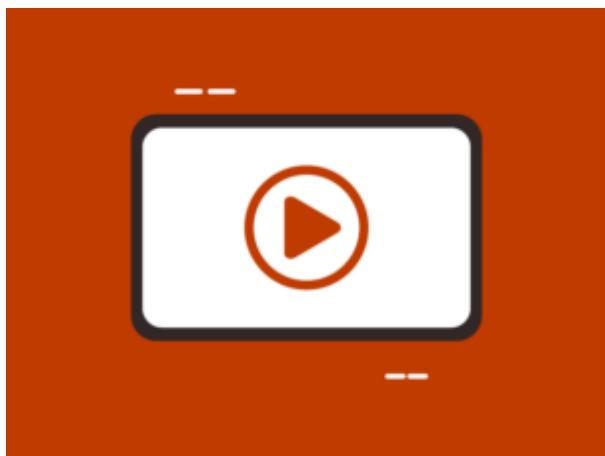


MIPP Ergonomic Housekeeping Training – (17 mins.) – Spanish



This video addresses common causes of housekeeper strains and injuries. Ergonomic principles and postures are taught as a way to increase comfort and increase safety. Early recognition of symptoms is taught as the key to preventing injuries. Proper postures while making beds, vacuuming, cleaning the bathroom and others are presented in an easy to understand way.