

Laundry Hanging Clothes on a Clothesline

WI.Co.W.10.01

QUALIFICATIONS	SPECIFIC TRAINING	REFERENCES
Knowledge and understanding of this work instruction.	Manual Handling	Manual Handling Code of Practice

TASK	METHOD	HAZARD	CONTROL MEASURES
Position laundry basket	Place laundry basket close to washing machine at a suitable height, preferably on a portable laundry trolley	Bending, lifting	Manual handling
Remove clothes from machine	Remove clothes in small bundles and place into basket. Stand as close to machine as possible.	Bending, lifting reaching, gripping	Manual handling
Reaching Bottom of Machine	Use your other hand to brace yourself on the machine before reaching in to grab items from the bottom of the machine	Bending, lifting reaching, gripping	Manual handling
Putting Clothes into basket	Only half fill the basket with wet washing	Bending, lifting reaching, gripping	Manual handling
Transfer to Clothes Line	Preferably use a trolley. If not available, carry small loads at a time, holding the basket close to you at waist height.	Bending, lifting carrying	Manual handling
Carrying through Doors	Wedge the door open before trying to manoeuvre basket through it	Bending, lifting twisting gripping	Manual handling
Path to clothesline	Ensure path is unobstructed and free from trip hazards	Tripping, slips, falls	Manual handling
Position basket	If trolley not used, place basket at a suitable height on a table or similar, ensuring it is stable	Bending, lifting reaching,	Manual handling
Adjust clothesline	Adjust line to a suitable height.	Twisting, gripping, force through arm / shoulder	Manual handling
Hang Clothes	Hang washing on a line ensuring you can reach comfortably with both feet on the ground	Bending, lifting reaching,	Manual handling
Collect next load	Hang only a small load and return to laundry for next load. This prevents repetitive activity for a long time span	Repetitive strain	Manual handling