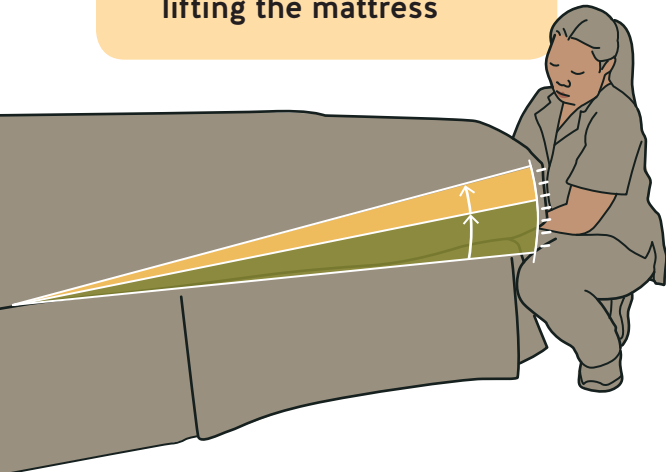


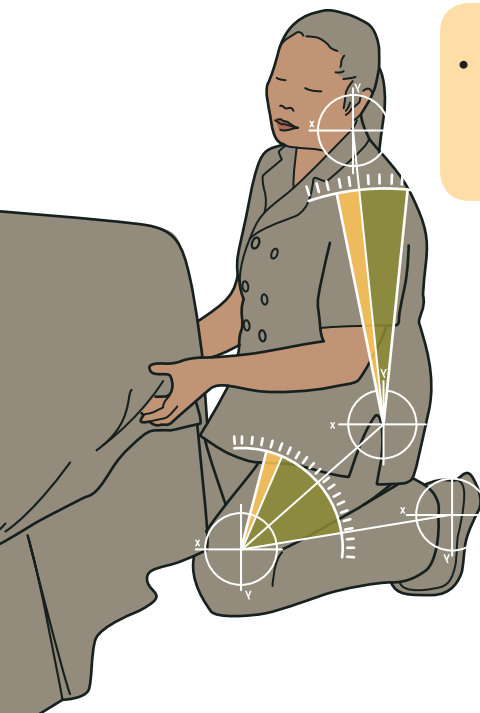
Room Attendant Safe Work Procedures

Making beds

- Kneel or squat
- Tuck the sheet to avoid lifting the mattress



- Find room to work where you can use correct body positions
- Stuff pillows into cases instead of shaking; avoid overreaching



- Always bend your knees, not your back

