

Proper Lifting Techniques

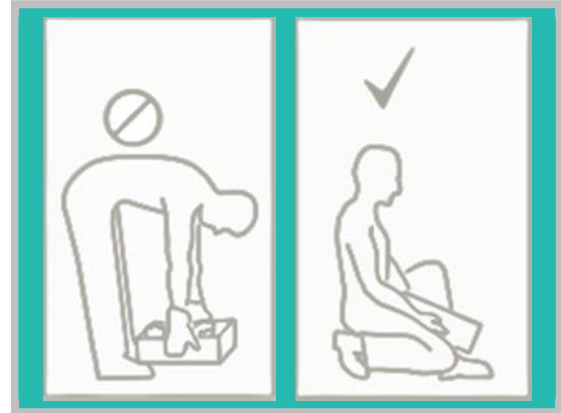
Workers can injure themselves during reaching and lifting of heavy loads while unloading and stacking supplies for restaurants. The risk of injury increase if done in awkward postures.

Potential Hazards

Take a minute to discuss possible lifting hazards around the work place.

Possible Solutions

- Stack heavier items on middle to lower shelves.
- Store lighter goods on the top shelves.
- Get help lifting heavy items.
- Use a stool or ladder to access items on shelves.
- *Do not stand on chairs or boxes that might tip over.*



Proper Lifting Techniques

Before lifting size up the load

Lifting:

- **Bring** the load as close to you as possible before lifting. Avoid reaching across something to lift a load. This moves the load away from the body and increases your chance of injury.
- **Lift with your legs**, not your back.
- **Keep** your head up, your back straight, and bend at your hips.
- **Shift** your feet to turn; don't twist your body.
- **Keep** the load directly in front of your body. Avoid reaching to the side and lifting while twisting.
- **Perform** lifts at waist height, with the elbows in close to the body.
- **Avoid awkward postures** while lifting such as reaching and twisting, or lateral or side bending.

Lowering:

- **Remember** that body position when setting the load down is just as important as when picking the load up. Use your leg muscles to comfortably lower the load by bending your knees.
- **Make** certain that your fingers and toes are clear before setting the load down.