



# Monthly Safety Tip

## Lifting and Carrying

Back injuries are the leading injury in the grocery industry. Purposeful, constant and conscious proper body mechanics is the only way to gain the habits for proper lifting. This tip contains helpful information addressing proper lifting.

### Stocking

- Keep all loads close to your body
- Use hand jack or scissor lift to raise pallet to waist height
- When placing items on shelves:
  - Use a step stool to reach items up high
  - Use knee pads when stocking low shelves for long periods

### Bakery

- Keep bags and containers close to body when lifting
- Whenever possible, use smaller lightweight containers
- When preparing baked goods:
  - Use foot rests or anti-fatigue mats to reduce leg fatigue
  - Keep dough at waist height

### Meat and Deli

- Keep large/heavy boxes close to your body
- Use step stool when needed
- Avoid continuous cutting and grinding. Break up these tasks with other less strenuous tasks
- Keep knives sharp. Dull knives require more force to do the same job



### Poor Lifting Practices

- Bending at the waist
- Twisting to place or lift the load
- Extending arms when placing load
- Reaching over items to place or lift the loads
- Reaching across the body to place or lift the load
- Placing or lifting items overhead



Avoid

### Good Lifting Practices

- Keep loads close to body
- Turn feet rather than torso
- Use leg muscles rather than back
- Inspect weight of items to prepare for heavy lifts
- Use a dolly, cart, or help from another employee to handle heavy or bulky items



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### Front End Operations

- Adjust check stand height to match waist height
- Use powered conveyor to bring items as close to you as possible to avoid reaching
- Move grocery cart close to your body to avoid extended reaching
- Use carts to carry bags outside the store
- **Keep a neutral wrist**

