



# Safety in Five

Topic: Lifting in Restaurants

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Company: \_\_\_\_\_

**Topic specifics relevant to your job**

**Over a half million overexertion strain injuries are reported annually in the United States**

- Related injuries can result in chronic pain, disability and reduced productivity
- The maximum weight to be lifted with two hands under ideal conditions is 50 pounds

**Material Handling Aids**

- Instead of lifting or carrying boxes or items, use a cart or hand truck to move items
- Use your back and arms to push carts, instead of pulling them
- Although pushing is preferred, pulling a cart is best if items are stacked too high and you can't see around them
- Report defective carts to your supervisor

**Material Storage & Arrangement**

- Store heavier stock on mid-range shelving heights – between shoulders and knees
- Limit reaching/lifting to no higher than shoulder height – use a stepstool to keep your reach within the right range
- Chairs, boxes or racks are not stepstools

- When retrieving or placing items at low heights, practice proper lifting techniques, as indicated below

**Proper Lifting Techniques**

- Before lifting, determine the weight of object to make sure it is within your ability – get help if it is not
- Plan your route to make sure it is free of obstruction and trip hazards – if lifting with someone else, coordinate your movements
- Face the load and keep your back upright
- Slightly bend your knees
- Start to squat, bending your knees, not your waist
- Use your whole hand, not just fingers, to firmly grip
- Lift smoothly
- Keep load close to your body, near your waist
- Never twist your body – shoulders and feet should be pointed in the same direction
- Ask for help when necessary
- Limit the weight being carried or lifted. If dishes and glasses are too heavy, reduce your load or use a cart
- Stretch before work and during breaks

Attendees (Names/Signatures)	

**Comments/Suggestions**