

Tired muscles can lead to serious injuries. Often there are risks associated with the physical demands of the job through frequent lifting of heavy items in awkward positions. Preventing injuries need not be complicated.

KITCHEN TEAM

- **Use two hands for carrying heavy pots**
- **Use carts, dollies to move heavy items**
- **Use two hands for plates**
- **Organize work areas with heavy items at waist level**
- **Put one foot up to rest when possible**
- **Use a step stool to eliminate long reaches**
- **When pulling, pushing, lifting or carrying:**
 - place feet apart for good balance
 - avoid twisting your back
 - bend knees
 - keep loads close to body
 - use smooth gradual motions
- **Everyone can benefit by:**
 - staying in shape with regular exercise
 - warming up muscles used in work activities prior to your shift
 - reporting any physical discomforts to your team before it's too late
 - asking for and giving help when needed
 - stretching between orders
 - asking your management team and health and safety members to work with you on preventing strains and sprains