

# Safety Matters **Restaurant**

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## Dos and Don'ts of Lifting

At our restaurant, you may be required to lift heavy, bulky or awkward objects on a daily basis. Remember that proper lifting techniques not only protect you from potentially serious long-term injuries, but also make your job easier.

Since it's not unusual to lift trays, dishes and bus tubs as part of your job, it is important to think about what you are doing before lifting awkward or heavy items. Use these dos and don'ts to handle lifting the safe way.

### Do:

- Consider whether the size or shape of the item creates additional challenges. Serving trays can be cumbersome if there are several dishes on them.
- Consider the weight of what you are lifting. If stocking and working with heavy bags or boxes, ask a co-worker for lifting assistance.
- Determine if you will have to turn or change direction while carrying the item—this will make it more difficult to carry.
- Find out if the route you will take with the load is clear of obstructions and slip, trip or fall hazards.
- Make sure the floor is dry before lifting—spills could lead to extremely hazardous carrying conditions.
- Get as close as possible to the item you are lifting, keeping it close to your body, and lift using your legs.
- Bend from the knees.
- Be aware of your balance at all times and how the object may shift as you move.

- Look ahead instead of down to make sure your path is clear.
- Have someone else open doors for you.
- Set the item down if it becomes too heavy or unstable.

### Don't:

- Bend from the back—bend from the knees instead.
- Be afraid of using equipment or asking for a co-worker's help if it will make the job easier and safer.
- Transport large items down the stairs if you can avoid it.
- Look down—look straight ahead of where you are going to keep your balance.
- Change direction by moving your hips or twisting at the waist. Instead, keep your body in line and change directions with your feet.
- Engage in reaching and lifting motions at the same time.

For more safety tips, talk to your supervisor.



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