

Preventing Lifting Injuries – Restaurant Safety Infographic

Safety Tip 5: Preventing lifting injuries

- Get help from others if you need it.
- Use dollies or carts whenever possible.



1 Get close to the object.

2 Bend at your hips and knees. Get a good grip. Gloves may improve your grip.

3 Lift smoothly and slowly, keeping the object close to your body. Keep the load between your knees and shoulders.

4 Pivot with your feet instead of twisting your back.

Source: <https://www.flickr.com>