Preventing Lifting Injuries – Restaurant Safety Infographic



Safety Tip 5: Preventing lifting injuries

· Use dollies or carts whenever possible. Get close to Bend at Lift smoothly Pivot with your Δ the object. your hips feet instead and slowly, and knees. keeping the of twisting Get a good object close your back. grip. Gloves to your body. may improve Keep the load your grip. between your knees and shoulders.

· Get help from others if you need it.

Source: https://www.flickr.com