

# 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>