Food Service Safety
Lifting Safety

Lifting is basic and something we do every day without ever thinking about it, but thinking about how to lift an item can help reduce the chance of injury.

Prior to The Lift, Ask Yourself

- How heavy is the item being lifted? If it is over 25 lbs. get help.

- Where is the item being moved to? Scan the pathway between where the item is and where it needs to go. If there is something in the pathway, remove it so you don't trip.

- Is the item being lifted awkward? If so, you may need help. Large boxes and/or unusual shapes, especially if they are heavy can increase the potential of a lifting injury.

- What shelf is the item going to be placed on? Heavy items need to be stored on the bottom or mid storage racks. If it can't be stored there, consider unpacking the box and placing the individual items on the top rack. Ex: unpacking cups or plastic trays

- Is there a place for the item to go? If not, make the place before you perform the lift so you are not trying to clear a space while holding the load.

How to Lift Properly

- Know or test the box weight before you lift by lifting a small corner of the box. If it's too heavy, get help!
- When picking up an item bend your legs, not your back.
- Get the object as close to your body as possible before lifting.
- Tighten your stomach muscles.
- Grab the bottom and top edge of the box and lift with your legs, keeping your back straight.
- Minimize the potential of twisting by moving your feet and not your back.