## 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.



Get close to the object.



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

your grip.



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



Pivot with your feet instead of twisting your back.

Source: https://www.flickr.com