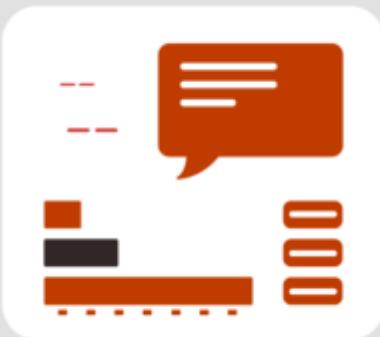


# Prevent Strains and Sprains Restaurant Safety Infographic



## Kitchen Safety

PREVENT STRAINS AND SPRAINS



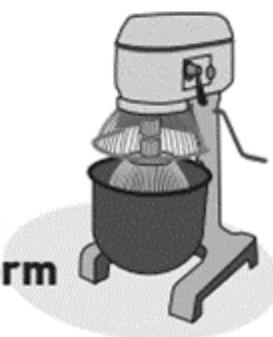
**Provide training on safe lifting techniques.**

**Avoid reaching above shoulder height; use a ladder or step stool.**

Store heavier items on middle shelves to avoid reaching or bending.



**Use hand trucks and carts whenever possible. Push carts, instead of pulling, to reduce stress.**



**Use mechanical equipment when possible to perform repetitive tasks.**

Rotate tasks to avoid repetitive motion injuries.

Provide anti-fatigue mats when prolonged standing is required.



How do I feel? Being distracted, stressed, or overly tired can be unsafe, too.