

Prevent Strains and Sprains Restaurant Safety Infographic



Kitchen Safety

PREVENT STRAINS AND SPRAINS



Provide training on safe lifting techniques.

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



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

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



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

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.

