

PLAYING IT

SAFE

Be safe and healthy on the job with these helpful tips provided by Peabody Insurance Agency

Restaurant Storage Stocking Safety

Helpful tips for reducing injuries while stocking

Serious injuries can occur when unloading and stacking supplies in the storage area due to not lifting items properly. But maintaining a clean and organized storage area is essential to preventing these injuries as well.

Stacking and Storage

Proper stacking and storing of items will help you locate products safely and easily as well as maintain an accurate count of inventory.

- Stack heavier items on the lower shelves to reduce the need to reach over your head.
- Place items that you and other staff members use frequently on shelves at waist level to reduce reaching.
- The oldest product or anything already opened should be placed in the front, ensuring that it is utilized first.
- Store products with the label facing up or facing toward the front of the storage shelf.
- Keep storage areas clean. Not only does this help fight foodborne illness, an organized storage area makes it much easier to find the product you need.
- When you open a product, it is important to label it with the date it was opened.

The Lifting Process

Pick up and set down a load without injury by following these steps:

1. Bring the load as close to your body as possible before lifting.
2. Push up with your legs instead of your

back by bending your knees. Keep your head up and your back straight.

3. If you need to turn, shift your feet instead of twisting your body at the waist.
4. Keep the load directly in front of you with your elbows close to your body when walking with the load.
5. When setting the load down, bend at your knees to slowly lower the load. Watch out for your fingers and toes.

Lifting Smart

Follow these general safety tips to reduce the risk of injury when stacking and storing products:

- Use a stool or ladder to access items on high shelves to avoid reaching over your head.
- Separate large boxes into smaller loads, and carry them one at a time.
- Use handrails when traveling on stairs and carrying items.
- Use a hand cart when moving large items. If available, forklifts or pallet jacks work well to help transport large loads.
- Wear gloves to prevent getting slivers or nail puncture wounds.
- Never attempt to carry anything without examining the path you will take. If there are obstacles in the way, remove them before continuing.



Don't Be Shy – Ask For Assistance!

When attempting to pick up and carry a load to another part of the restaurant, determine whether it is too heavy for you to handle alone. If it is, ask a fellow employee for assistance to avoid being unnecessarily injured on the job.

