



IMPRINTS®



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Back Safety

Table of Contents

3 | Introduction

5 | Why Is Back Safety So Important in the Kitchen?

6 | How To Properly Lift a Heavy Object

7 | Lifting Tips

8 | Key Takeaways

9 | References

10 | Post-Test Answers

Introduction

Objective

To outline the proper lifting procedure for heavy objects, and highlight some tips to help in preventing back injury.

Key Messages:

- To understand how to properly lift heavy objects in a kitchen environment
- To illustrate tips for avoiding back injury



Back Safety 101

How to keep safe and pain-free

Why Is Back Safety So Important in the Kitchen?

According to the Occupational Safety and Health Administration (OSHA), musculoskeletal disorders are the leading cause of disability in the nation's workforce. These injuries are also second only to the common cold in causing lost time from work.

When working in the kitchen, your back can be your most important muscle. A needless injury can shorten your career and even cause lifelong pain.

https://www.osha.gov/dte/grant_materials/fy10/sh-20865-10/07_ergo.ppt

How to Properly Lift a Heavy Object

1. Get as close to the object as possible

- Keeping the object close to your body's center line will reduce back strain

2. Bend your knees with a neutral back posture

- This ensures that your largest muscle group, your legs, is taking the brunt of the effort for the lift – and not your back

3. Pivot with your feet; do not twist your back

- Twisting can cause strain on the disks and vertebrae of your back

4. Keep the object close to your body

- Also, tightening your abdominal muscles will aid in keeping your spine straight

5. Transfer the object to a shelf that is between your waist and shoulders

<https://www.safetymanualosha.com/back-injury-prevention-tips/>

Lifting Tips

- Store heavy items no higher than waist-high
- Take out trash bags before they become too full/heavy
- Use a dolly or cart whenever transporting an item from one location to another
- Do not be shy; ask for help from another associate when lifting a heavy item
- When carrying an object in one hand, try putting your free hand on your thigh. This will help in maintaining correct back posture
- Stay in good physical condition and stretch before starting your shift

<https://www.safetymanualosha.com/back-injury-prevention-tips/>

Key Takeaways

- A healthy back is one of the most important muscles for any person, especially a foodservice worker
- Follow proper lifting procedures to ensure you stay safe at work
- Ask for help when lifting heavy objects. Do not ever twist your back when picking up an item, or when placing it on its desired location



References

- <https://www.safetymanualosha.com/back-injury-prevention-tips/>
- https://www.osha.gov/dte/grant_materials/fy10/sh-20865-10/07_ergo.ppt

Back Safety Post-Test Answers

1. Which of the following is not one of the steps to proper lifting of a heavy object?
 - a. Get as close to the object as possible.
 - b. Keep the object close to your body when lifting.
 - c. *You should place the object above your shoulders.***
 - d. All of the above
2. You should always twist your back when lifting or placing an object.
 - a. True
 - b. *False***
3. Only ask for help in lifting an object you cannot lift on your own.
 - a. True
 - b. *False***

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FOODS

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