

Prevent Strains And Sprains Hospitality Safety Infographic



5 TIPS
To Reduce **Sprains & Strains**

icwGROUP
Insurance Companies

- 1** Decrease number and duration of lifts, pushes & pulls required
 - Improve process flow
 - Use robotic palletizers
 - Employ vacuum lifters
 - Consider conveyors
 - Apply powered tuggers
- 2** Reduce weight or force required for push & pulls
 - Package materials in smaller quantities
 - Use smaller containers
 - Increase cart wheel diameters
 - Replace cart wheels with harder material
- 3** Avoid "lift & twist" torso strain
 - Move lift destination further from origin
- 4** Limit lifts needing arms extended
 - Remove barriers obstructing workers
 - Store items on tilted shelves
 - Eliminate lifting wide items from below knee
- 5** Minimize below-knee & over-shoulder lifts
 - Store heavier items between knees & chest
 - Avoid low & high shelving
 - Add bottom shelf to racks
 - Elevate pallets
 - Use portable lift tables

Source: <https://www.icwgroup.com>