

# Kitchen Safety

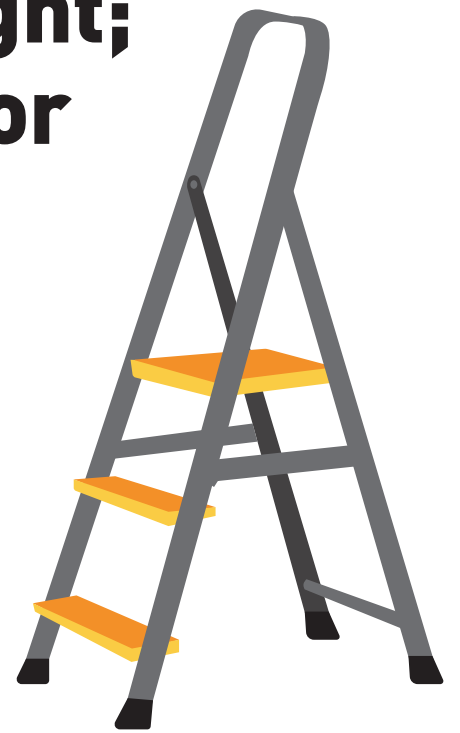
PREVENT STRAINS AND SPRAINS



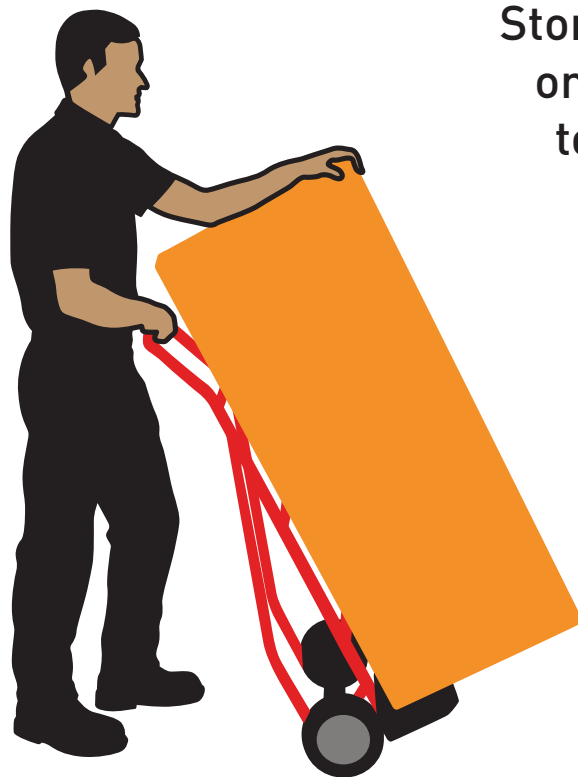
**Provide training on safe lifting techniques.**

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

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



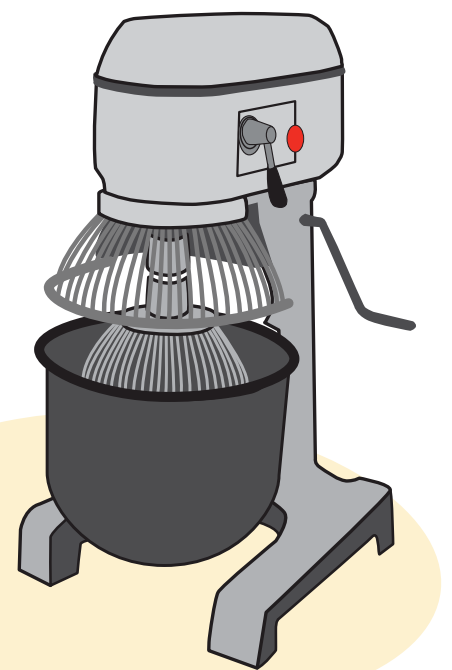
**Use hand trucks and carts whenever possible. Push carts, instead of pulling, to reduce stress.**



**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.**

Whether you're a seasoned chef, or working your first job in a commercial kitchen, follow these basic guidelines to avoid common injuries, such as strains and sprains.

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