



# Proper Way of Lifting an Object!

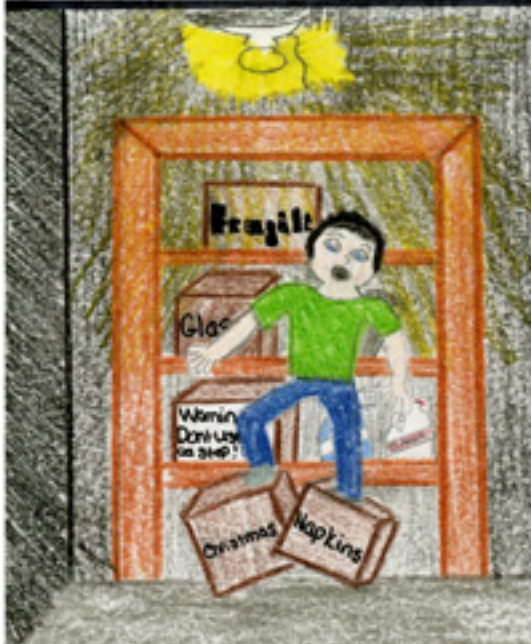
When lifting a heavy object from the floor, spread your feet shoulder-width apart. Bend your knees.



Using the back muscles to lift the object and half of the body, could strain the back muscles.



The proper way is using the strong, large muscles in your thighs, upper arms, and shoulders to lift the object. When standing up, push with your strong hip + thigh muscles.



Use Proper equipment when you need to reach a high space. Use a ladder and never use boxes, they are unsafe!





# Sodexo

PPE:   
Personal  
Protective  
Equipment

All of these practices will help the workplace be as productive and safe as possible! In order to do good in the kitchen, workers have to protect themselves FIRST!



hand  
Gloves



Hairnets



Shoes with  
a grip

Hairnets when  
handling food



Gloves when  
something's hot



Grip shoes  
so no  
one  
will slip

woah!

