

HAZARD ALERT

Reduce repetitive movements

When you check groceries or drygoods, wrap meat, or stock shelves, your job involves repetitive hand and wrist movements. The act of repeatedly reaching, bending, grasping, or lifting can increase your risk of injury over a period of time. Here are some tips that may help you reduce your exposure to repetitive movements.

Safe work practices:

- Pass products from one hand to the other to alternate the use of your hands.
- Key-enter items if they take more than three swipes past the scanner.
- Take mini-rest pauses to relax muscles.
- Reduce double handling of grocery items.
- Avoid repeatedly picking up items; try sliding them.
- Learn where bar codes are printed on products.

