

HAZARD ALERT

Use a full-hand grip

In the retail store where you work, you may often use – but should avoid – a forceful pinch-grip to scan large items, or when pushing down on a dull knife, or when decorating cakes. For example, a cashier may often use a forceful grip to move relatively light weight items over the scanner, especially if the item is slippery, cold, or difficult to grasp. Poor wrist posture, cold temperatures, and wearing gloves may also contribute to the grip pressure you apply.

Safe work practices:

- Where possible, push items rather than pull.
- Use the entire hand and not just the fingers to grip items.
- If possible, slide rather than lift items.
- When possible, change your lifting, pulling, and pushing techniques so that you use the larger muscles of your back, arms, and legs.
- Lift bags and other awkward or slippery items with two hands – one hand on top of the item and the other supporting the bottom.

