

HAZARD ALERT

Don't hold the same position for long periods of time

If you are a cashier in a retail outlet, or do similar work, you may hold parts of your body in the same position for an extended period of time. When you hold postures for long periods of time, your muscles are in a constant state of contraction. The muscles may become tired, uncomfortable, and even painful.

Safe work practices:

- Alternate your posture, using different sides of your body.
- Take mini-rest breaks to relax muscles.
- Alternate between standing and sitting postures.
- Use anti-fatigue mats to stand on.
- Wear supportive, cushioned footwear.
- When possible, move your feet instead of leaning or reaching.

