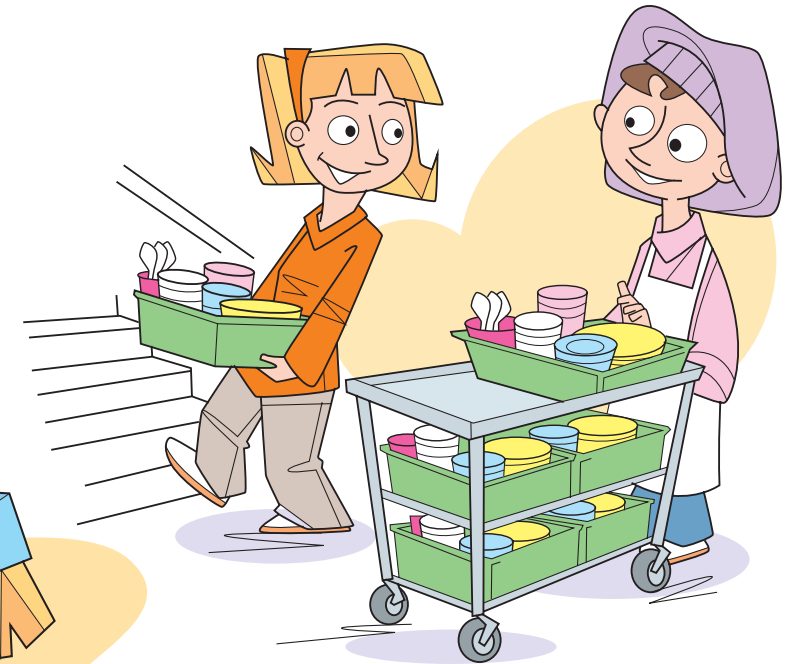


# SAFE AND HEALTHY WORK METHODS IN THE KITCHEN



## → SAFE BODY MECHANICS:

- Safe Stance
- Maintain Natural Curves of the Spine
- Use the Core, Buttocks, Thigh and Calf Muscles
- Use Safe and Effective Grip
- Work Within Your Comfort Zone
- Use Weight Transfer



## → Reduce the weight of loads:

get two people to carry heavy loads, share delivery duties, use appropriate equipment, etc.

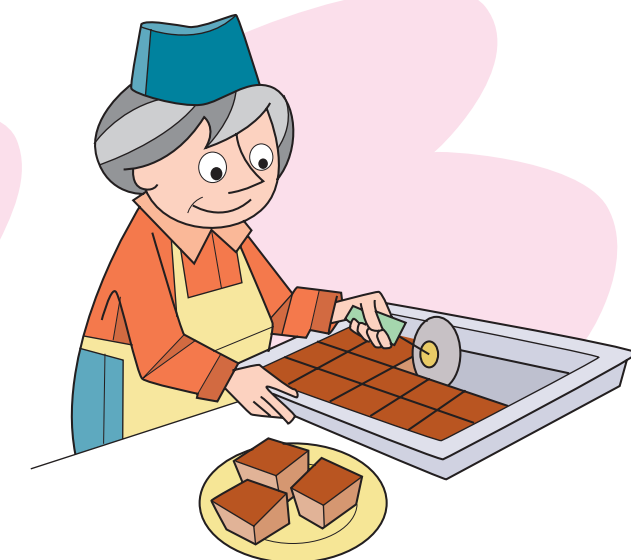


## → Slide or roll objects rather than lift.



## → Reorganize storage:

store items according to weight and container size, labels visible, as well as frequency of use.



## → Reduce repetitive movement:

buy ready-prepared food products, bake muffins in a cake pan, etc.



## → Choose the appropriate equipment

to maintain good posture, reduce repetitive work, and minimize effort and lifting: use convection ovens, display carts, etc.



## → Review menus:

take into account dish preparation times, physical requirements, deliveries, maintenance tasks, etc.