General Warehouse Safety

The Ramp

- Ask for an assist when coming up or down the ramp with carts/etc
- Be aware of your surroundings (vans, deliveries, pallet jacks, people, pallets, etc)
- Use / listen to the horn & communicate
- Only use the electric pallet jack on the ramp, NOT the manual pallet jack
- Take your time!



Assess your pallet and cargo

Repaired Wooden Pallets



IS your cargo too tall? Is the product haphazardly stacked? Is the pallet in good shape?



How to Properly Stack Items on Pallets

- Be sure pallet is in good condition before you stack items on it
- Be sure it is the right side up (side with more planks on top)
- Begin stacking items in an interlocking pattern



How to Properly Stack Products on Pallet cont'd



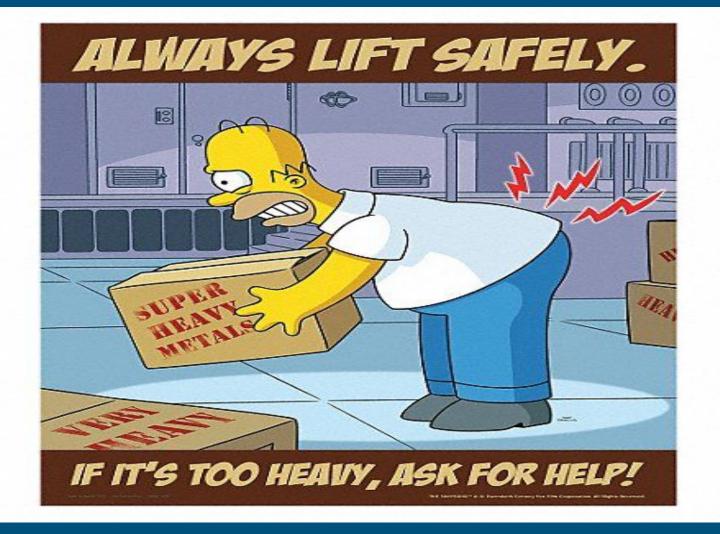
Tripping & Falling Hazard

Do not stack or lean pallets on their sides!

Place broken pallets in the designated area

Pick up any nails or pieces of wood from the floor





Proper Lifting Techniques

• Keep a wide base of support.

Feet should be shoulder-width apart, with one foot slightly ahead of the other (karate stance).

- **Squat** down, bending at the hips & knees only.
 - a. If needed, put one knee to the floor & other knee in front of you, bent at a right angle (half kneeling).
- Keep good posture: Look straight ahead, keep your <u>back straight</u>, your <u>chest</u> out, and your <u>shoulders back</u>.
- **Slowly lift** by straightening your hips & knees
 - a. Keep your back straight & don't twist as you lift.

LIFT PROPERLY Prevent Back Injuries



- Do bend your knees when lifting!
- Do keep your back straight and be sure of a firm grip!
- Do keep the object close to your body!

CREATIVE



Proper Lifting Techniques cont'd

- **Hold** the load as close to your body as possible, at the level of your belly button.
- Use your feet to change direction, taking small steps.
- Lead with your hips as you change direction.
 - a. Keep shoulders in line with your hips as you move.
- Set down your load carefully, squatting with knees & hips only

LIFT PROPERLY Prevent Back Injuries

DON'T!

- Don't lift with your back arched!
- Don't lift with the object far away from your body!
- Don't lift and twist!





- Do bend your knees when lifting!
- Do keep your back straight and be sure of a firm grip!
- Do keep the object close to your body!



Picking Procedure

• When selecting items from racking, choose from middle or bottom level.

• Use the step ladder

• Pick layer by layer

 Do not leave loose items on racks - this is hazardous





Picking Procedures Cont'd

- Picking from the walk-in Freezer and Fridge
- Check the slot number

Ladder Safety

- Inspect ladder
- Be aware of your surroundings
- Be sure ladder is stable
- Reduce the amount of twisting or unnatural movement
- Get a buddy

