

APRIL SAFETY MEETING

MAKE TIME FOR SAFETY

Back/Lifting Safety

- **Size Up The Load**
- **Lift With Legs Not The Back**
- **Ask For Help**
- **Push Rather Than Pull**
- **Use Ladders Instead of Chairs**
- **Use Carts Or Dollys When Possible**
- **Do Not Twist Or Bend When Lifting**
- **Take Periodic Breaks When Lifting Continuously**



HOSPITALITY COMP

Robert LeGrande, M.Ed.
Loss Prevention
3800 NW 36th St
Oklahoma City, OK 73112

Phone: 405-949-2381
Fax: 405-948-7697
E-mail: LeGrande@Hospitalitycomp.net

