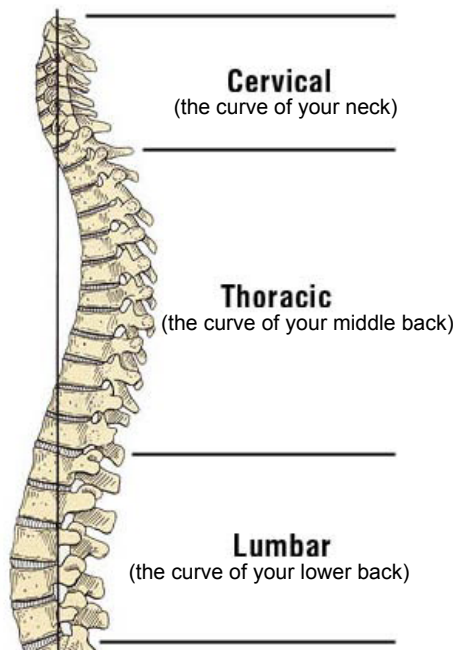


Food Service – Keep The Correct Curve!

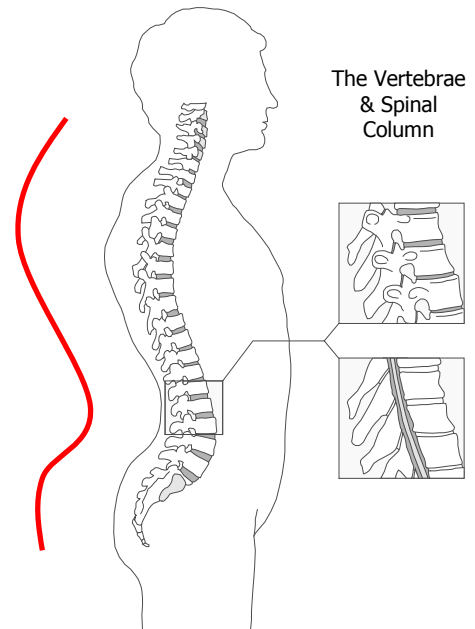
A healthy spine is made of stacked vertebrae aligned in three natural curves:



When you maintain these three natural curves in their normal alignment, your weight is evenly distributed throughout the vertebrae and disks.

This way your back is least vulnerable to injury!

Your three curves are correctly aligned when your ears, shoulders, and hips are in a straight line.



When Pushing and Pulling:

- Stay close to the load, don't lean forward.
- Whenever possible, push rather than pull.
- Use both arms.
- Tighten your stomach muscles when pushing.

When Bending:

- Kneel down on one knee.
- Maintain your three natural curves.
- Bend knees and hips, not your back.
- When leaning forward, move your whole body, not just your arms.

When Lifting:

- Keep the load close to your body.
- Bend your knees and hips.
- Tighten your abdominal muscles when you lift. They help support your back.
- Lift with your legs and buttocks.
- Maintain your three natural curves.
- Avoid twisting as you lift.

Reaching:

- Reach only as high as is comfortable, but don't stretch above shoulder level.
- Use a stool if you need it.
- Test the weight of the load before lifting.
- Let your arms/legs do the work, not your back.
- Tighten your stomach muscles as you lift.

Repetitive Motions:

- Keep the loads small.
- Turn your whole body instead of twisting.
- Get close to the load, don't reach and lift.
- Lift with your arms and legs, not your back.
- Tighten your stomach muscles to lift.
- Change positions frequently.

Avoid Twisting:

- Kneel down on one knee.
- Maintain your three natural curves.
- Position yourself to have the best leverage.