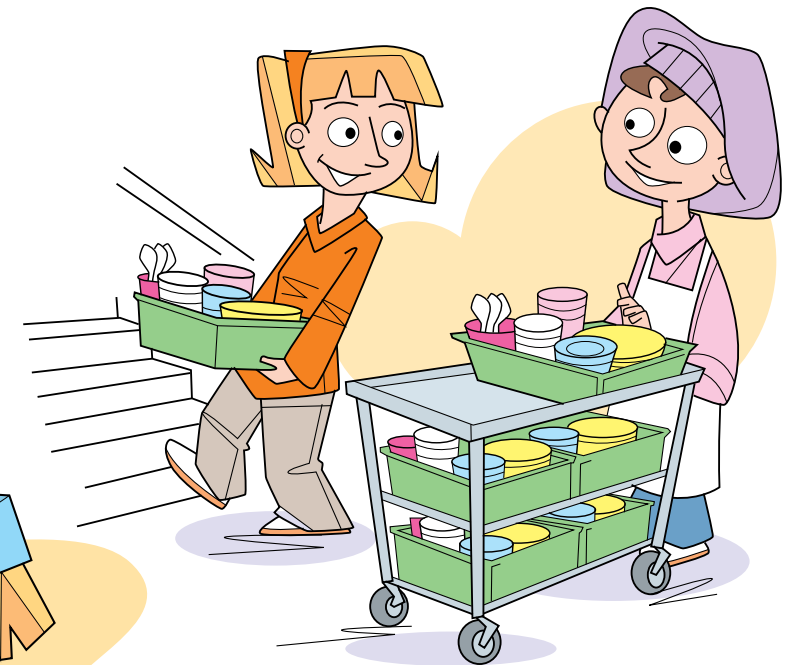


SAFE AND HEALTHY WORK METHODS IN THE KITCHEN



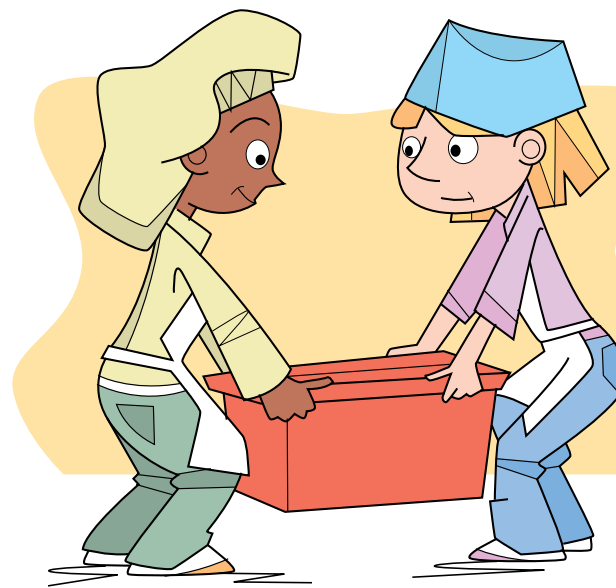
→ Basic posture:

- head straight,
- back straight (not twisted or bent),
- shoulders relaxed,
- elbows close to the body,
- wrists in a neutral position (not bent or extended).



→ Reduce the weight of loads:

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



→ Slide, roll or pivot a load rather than lifting it.



→ Reorganize storage:

store items according to weight and container size, 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.

