

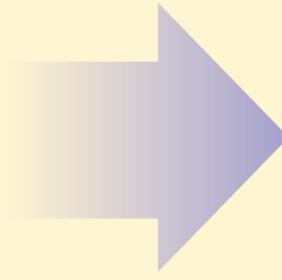
WORK SMARTER, NOT JUST HARDER

Think **Ergonomics**—fitting the task to the person
For very small businesses—restaurant and bar



Don't bend your back

1
LIFT
SMART

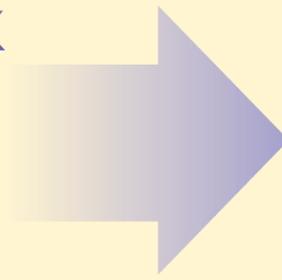


Keep back straight, get help



Don't leave a mess

2
KEEP WORK
AREA
CLEAN

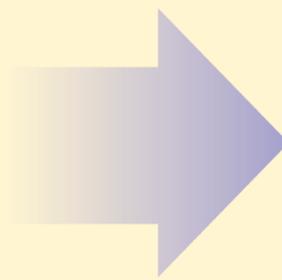


Clean up spills



Don't get fingers in
the way

3
LEARN
TO CUT
SAFELY



Pick the right knife, control
the knife and product

4
WEAR
APPROPRIATE
SHOES



Wear closed toed
shoes with good
support