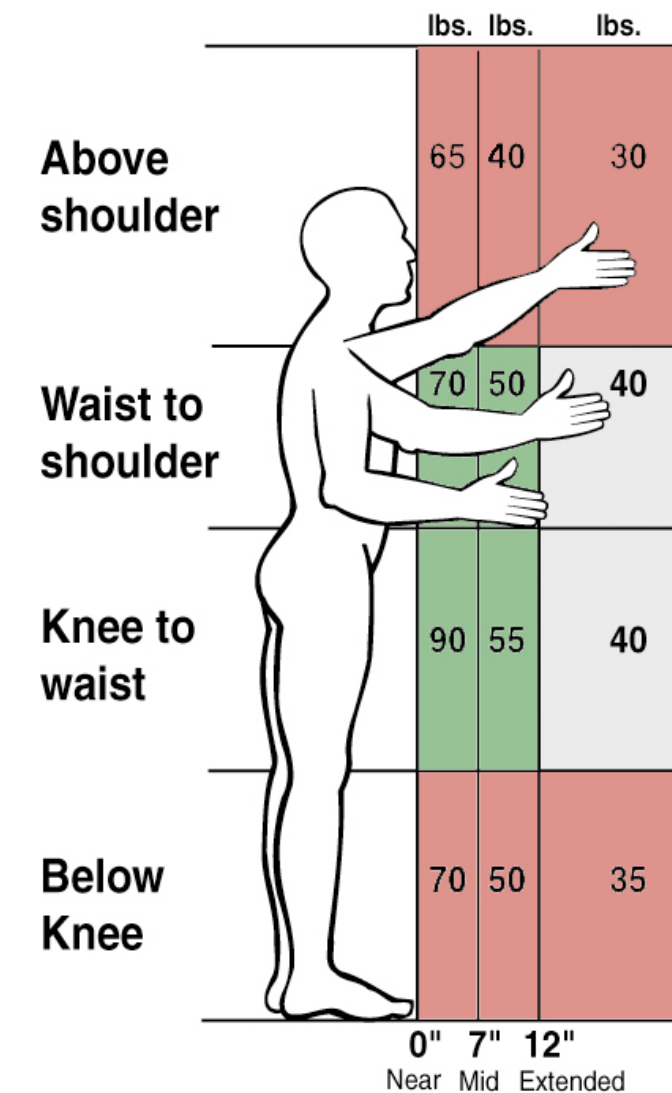
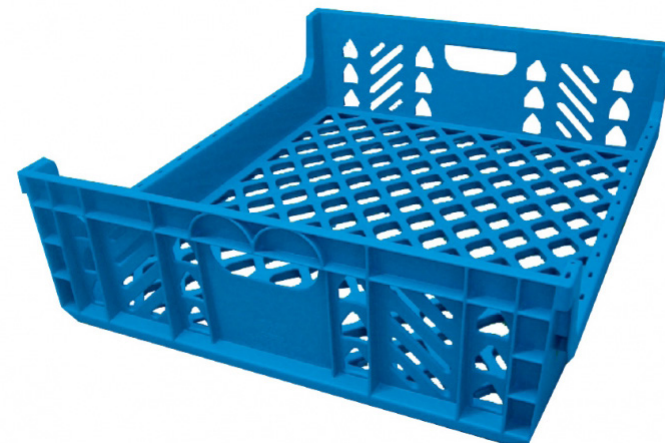


Safety Tips - Handling Trays

On average, trays of bread weigh between 12 and 30 pounds. Attempting to lift several trays at a time, combined with the tray size, can increase stress on the body. As noted by the chart, this makes body position and the following techniques very important to follow.

- ✓ **Get a good grip on the tray, don't catch falling loads.**
- ✓ **Keep the tray close to your midsection, lift with your legs.**
- ✓ **Avoid bending and reaching to place the tray.**
- ✓ **Never twist, turn with your feet.**
- ✓ **Do not lift more than two trays at one time. It's not just the weight, but also the hand position and reach that can cause additional stress.**



The best area (green) for lifting is between the knees and shoulders with hands close to the body. Lifting at waist level with hands close to the torso is the best position. Try to avoid over the shoulder and below the knee lifts, or with hands extended. This reduces the weight that should be lifted.