Simple things to prevent/minimize body STRAINS and SPRAINS

- Wear shoes with good cushioning
- Take body relaxation breaks
- Regularly shift standing positions. Do not stand in one position for extended periods of time.
- Organize your work environment. Keep frequently used items readily at hand to reduce the amount of twisting, leaning, and reaching.
- Lift with your legs
- Get help for heavy items
- Stock heavy items on lower shelves
- Use food service carts if available
- Keep stacks of plates or boxes below eye level.
- When carrying heavy loads, turn with your feet rather than twisting at the hips and back.
- When filling glasses or mugs, move the cup to the pitcher rather than extending the heavier pitcher away from your body.
- Sort items on the food try
- Work your way around the table rather than reaching across the table.

Causes

- Standing for a long periods of time
- Hard floor surfaces
- Over-reaching
- Repetitive tasks
- Lifting heavy objects