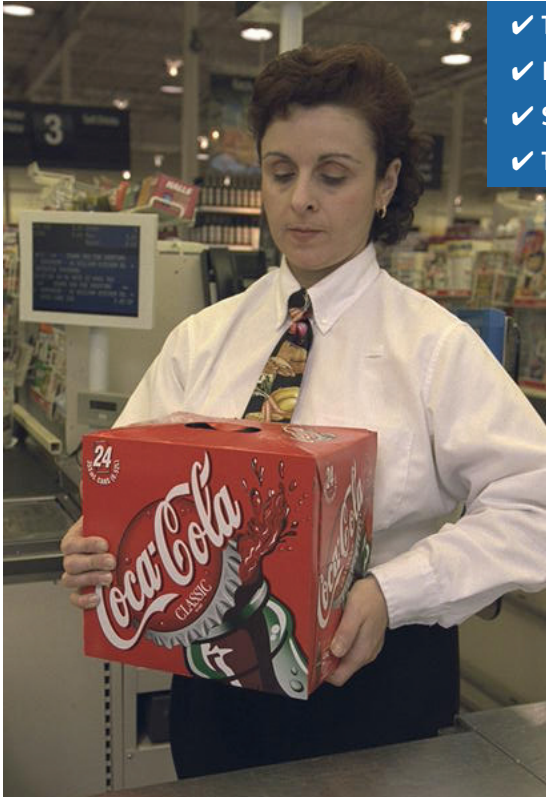


## At the Cash Register

In each issue of **The Safety Mosaic**, we shine the spotlight on different service sector work situations, and highlight some of the key health and safety tools and practices that should be used to keep employees safe. In this issue, we focus on cashier safety.



- ✓ The cashier is turning her whole body to move the case of pop
- ✓ Her elbows are bent
- ✓ She is lifting safely by holding the case close to her body
- ✓ The worker's back is straight



- ✓ She should be using the conveyer to bring items closer to her.
- ✗ The cashier is stretching to reach the bottle.
- ✗ Her body is bent over in an awkward position and she is extending her arm.

- ✓ The check out stand is equipped with an anti-fatigue mat.
- ✓ The worker is wearing flat, comfortable shoes.
- ✗ The worker is twisting to lift the bag. She should be turning her whole body.
- ✗ The counter is too high, which requires the worker to lift the bag.



- ✓ The worker bagging the groceries has turned her entire body toward the cart when loading.
- ✓ The items are located close to the worker and they are positioned at the proper height so she doesn't have to reach for them.
- ✓ The worker is standing close to the cart so that she doesn't have to reach to load in the bags.



- ✓ The worker should lift the item from the side so that the wrist can stay in a neutral position.
- ✗ The worker's wrist is bent in downward.



- ✓ The keyboard is set at the proper height to allow the worker to maintain the proper wrist position.
- ✓ Her back is straight.
- ✗ The monitor is too low. It should be higher to make it easier for the cashier to read.