

November 2020

Hello RETRO Members;

Wow, it is November already and we are back on standard time! It is time to prepare for diminishing daylight so we encourage you to prepare by:

- checking your outdoor lighting
- making sure light bulbs and light sensors are operational
- placing additional mats on smooth surfaces to prevent slips and falls by your store entrances as the wetter and cooler season is here
- checking on your inventory of de-icer, shovels and flashlights in working order to prepare for potential ice/snow and/or power outage.



The weather can be kind of nasty this month, so think of all potential items you may need to be ready!

Back Safety/Lifting Techniques –

Several factors can cause back pain including poor physical fitness, lack of flexibility, stress, bad posture, lack of rest, and participating in certain recreational activities. Any of these factors combined with poor lifting practices are sure to cause a harmful back injury. **But the primary cause is not**

lifting without applying the proper technique. Remember these four steps to better lifting:



1. Size Up the Load

- Use a hand truck if possible.
- Check for your item for nails, exposed staples, rough edges.
- Use gloves if necessary.
- Get help if you need it.
- Make sure you have a clear path to where you are moving it to.

2. Lift

- Bring the load as close to you as possible before lifting.
- Lift with your legs, not your back.
- Keep your head up, your back straight and bend at your hips.

3. Move

- Keep the load close to your body.
- Look where you are going.
- Shift your feet to turn, don't twist your body.

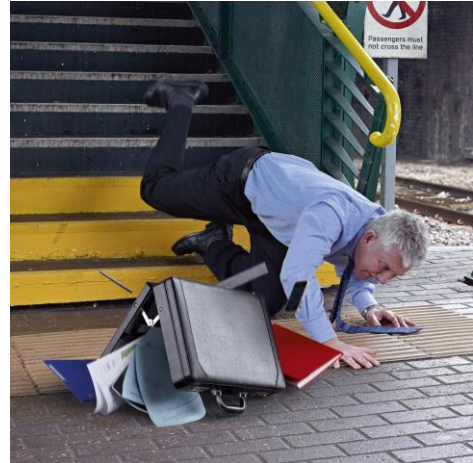
4. Get Set and Lower

- When setting a load down, let your leg muscles carry the load as you set it down.
- Make certain your fingers and toes are clear before setting down the load.

[RS SafetyTV](#) has a couple of videos or if you like I can send you a good PowerPoint presentation on the subject. [SAFEME Essentials](#) has modules on Material Handling and Lifting.

Stair Use – When you hear Slip-Trip-Fall, most people think of that happening on level surfaces. The same thing can happen when you are using stairs.

Stairs of all types have been used since ancient times, and because they are inherently hazardous, people have been falling on them, getting hurt or even killed in the process. A very common contributing factor is neglecting to use handrails. The consequences can be quite nasty. Don't take stairs for granted and make sure they are clear and in good condition.



Here are some helpful items for your safety meeting:

Stairs [handout](#)

Stair video on [RS SafetyTV](#)

[SAFEME Essentials](#) has a module on Slips Trips Falls.

Think safe. Act safe. Be safe.

Rick Means, CSMP

Director of Safety and Education

Retail Services

rmeans@waretailservices.com 360.200.6454