

November 2022

Hello RETRO Members:



Wow, it's already November, and we are about to switch back to standard time! With diminishing daylight, we encourage you to prepare by:

- checking outdoor light bulbs and light sensors to make sure they are operational
- placing additional mats by your store entrances to prevent slips and falls as, we hope, the rain will arrive
- ensuring that your inventory of de-icer, shovels, and flashlights are in working order to prepare for potential ice, snow, or power outage

The weather may get nasty this month, so think of the potential supplies you may need to have on hand to be prepared!

**Back Safety/Lifting Techniques** – Several factors can cause back pain, including poor physical fitness, lack of flexibility, stress, bad posture, lack of rest, and recreational activities. Any of these factors combined with poor lifting practices can cause a harmful back injury, **but the primary cause is 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, and rough edges.
- Use gloves if necessary.
- Share the load if you need to.
- Make sure you have a clear path to move the item.

### 2. Lift

- Bring the load as close to you as possible before lifting.
- Lift with your legs, not your back.

- Keep your head up, back straight, and bend at your hips.

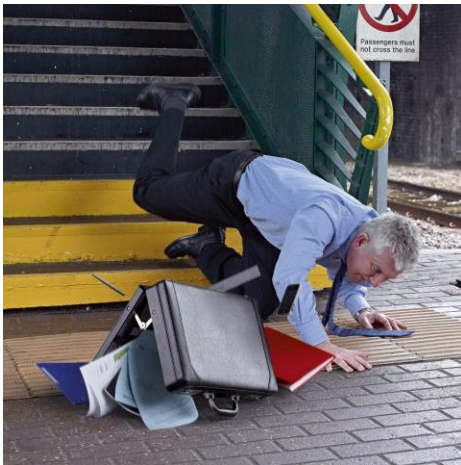
### 3. Move

- Keep the load close to your body to minimize strain on your back.
- 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 weight instead of your back.
- Make sure your fingers and toes are clear before setting down the load.

[RS SafetyTV](#) has related videos. We can email a good PowerPoint presentation on the subject if you would like. [SAFEME Essentials](#) has modules on Material Handling and Lifting.



**Stair Use** – When it comes to slips, trips, or falls, most people think they could only happen on level surfaces, but they are also common and dangerous when using stairs.

Stairs and steps are inherently hazardous, people have been falling on them and getting hurt, or even killed, in the process. Often, these injuries are attributed to not using handrails. The consequences can be pretty 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**

Director of Safety & Education  
Retail Association Services Inc.  
[rmeans@waretailservices.com](mailto:rmeans@waretailservices.com)  
360-943-9198 ext. 118

#### **Chris Silver**

Member Services & Data Coordinator  
Retail Association Services Inc.  
[csilver@waretailservices.com](mailto:csilver@waretailservices.com)  
360-943-9198 ext. 122