

Cashiers and Repetitive Motion — Using Checkout Scanners

Avoid an injury by putting the following safe work habits into practice:

- ◆ Know the general location of the bar code associated with the item to be scanned
- ◆ Use your entire hand to pick up the item, not just your fingers
- ◆ Swipe the item over the scanner no more than *three times* before manually entering the bar code
- ◆ Push the item across the scanner rather than picking it up
- ◆ Pause occasionally to relax hand and arm muscles
- ◆ Stand on anti-fatigue mats
- ◆ Wear quality footwear that provides comfort and support
- ◆ Change body posture frequently
- ◆ Alternate body position
 - Stand if you sit for long periods of time
 - Sit if you stand for long periods of time



T I P S F R O M

Y O U R W O R K S A F E P A R T N E R

FOD3004(10/02)



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