

STRAINS AND LIFTING INJURIES

Based on a sampling of claims in 500 McDonald's stores, 28% were due to Strains amounting to \$823,373 in losses

Injury Type

Major Causes

- | | |
|--------------------------------|--|
| 1. Lower Back Strains | Lifting syrup boxes, beef patties, iced tea buckets. |
| 2. Shoulder Strains | Reaching for high shelves, or deep into a shelf |
| 3. Cumulative Trauma Disorders | Performing the same task over and over |

REDUCING INJURY EXPOSURES:

1. Reducing exposure to heavy lift strains:
 - a. Move heavy objects to middle shelves to reduce bending. This includes syrup boxes, beef patties, bags of McCafe milk, and other heavy items.
 - b. Replace 4 gallon tea buckets with 2 gallon tea buckets.
 - c. Place more frequently moved items on middle shelves, and avoid top and bottom shelves. This includes where items are stored, and where they are used.
 - d. Encourage employees who are better able to perform the lifts to assist.
 - e. Place more frequently changed syrup boxes on the middle of the dispenser rack.
 - f. Train all employees in proper lifting techniques.
 - g. Encourage two person lifts on heavy items.
 - h. Lift garbage to the dumpster carefully. Swinging the bag in a twisting motion can wrench the back and cause serious injury.
2. Reducing Shoulder Strains
 - a. Never place heavy items on top shelves.
 - b. If items must be stacked high in the freezer, keep heavy items no more than chest height.
 - c. Encourage taller employees to assist with items that are higher up.
 - d. Train all employees to *never* climb shelves.
 - e. Restrict employees with prior shoulder injuries from reaching to lift.
3. Cumulative Trauma Disorders
 - a. Rotate employee positions where the task requires large numbers of similar movements (such as the fry position, where the arm and shoulder movements are similar).
 - b. Encourage employees to stretch on their breaks.
 - c. Where heavier lifts are necessary, such as loading shelves after a delivery, require that 2 – 3 crew members perform this task, opposed to 1.
 - d. Use carts to eliminate lifting. Carts can be used for heavy items, and there are specialized carts for tea buckets as well.

FREE RESOURCES TO ASSIST IN REDUCING STRAINS:

Resources from Profiting From Safety – www.profitingsafety.com

[QUICK PRINT – Back to Lifting](#)

[QUICK VIDEO – The Force of Improper Lifting](#)

[QUICK VIDEO – Lifting Safely](#)

[Protecting Crew Backs](#)

[PRESENTATION – Employee Lifting](#)

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