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**COMMON INJURIES**  
**FACTS**

# Injury Hotspots

Retail Salespersons/Clerks



photo: Gloria Warford, Manager

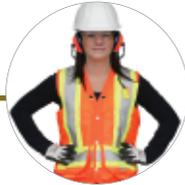
#### SOURCES

Workplace Health, Safety and Compensation Commission injury prevention database based on eight years of accepted claims. Figures shown refer to the most common injuries by body part and do not represent 100 per cent of injury claims.



# COMMON INJURIES FACTS

## Injury Hotspots Retail Salespersons/Clerks *Prevention Tips*



### LIFTING, PUSHING, PULLING AND HANDLING MATERIALS

- Before lifting, check the weight of the item so you can prepare to lift properly.
- When equipment is available it should be used to lift heavy items.
- When possible always push rather than pull carts.
- Design your workspace to work for you, commonly used items within easy reach.
- Use your knees when retrieving items from floor level.
- Incorporate a two person lift when necessary.
- Lift smoothly without sudden jerking.
- When lifting keep your arms and elbows close to your body.
- Reduce the weight and distance of the load if possible.

### SLIPS, TRIPS AND FALLS

- Ensure good housekeeping and remove unnecessary items.
- Conduct regular inspections of your workplace to ensure slip and trips hazards are identified and controlled.
- Ensure adequate lighting.
- Implement non-slip, steel toe footwear in necessary areas of your workplace.
- Ensure procedures such as warning signs, barriers, and immediate cleanup are in place when spills occur.
- Implement a “safe walking” zone in warehouses.

### PERSONAL PROTECTIVE EQUIPMENT

- You should always wear cut resistant gloves when working with knives.

- Wear non-slip shoes in areas where slips and falls are a high risk.
- Use thermal gloves when handling frozen foods.

### EYE PROTECTION

- Wear CSA approved protective eyewear that is appropriate to the conditions of the workplace.

### REPETITIVE WORK/AWKWARD POSTURES

- Take frequent micro-breaks.
- Rotate tasks often.
- Practice good posture.
- Make your workspace work for you – provide adjustability.
- Avoid situations that require awkward body positions.
- Use foot rests and anti-fatigue mats when required to stand for prolonged periods.
- Use keyboards to enter quantity of identical items rather than scanning each individual items.
- Use step stools and ladders to reach items on tops shelves.

### VIOLENCE PREVENTION/ WORKING ALONE

- Know your violence prevention program.
- Install panic buttons under counters and cash registers.
- Know your emergency procedures and exits.
- Keep store fronts clean, tidy and well lit.
- Keep minimal cash on hand.
- Implement a “check in” or “buddy” system with other co-workers or business.

For further information visit: [www.whscc.nl.ca/prevention](http://www.whscc.nl.ca/prevention) or, call the Workplace Health, Safety and Compensation Commission at:

**1-800-563-9000**