

# Lighten the Load

Information for employers and workers of the **retail trade sector**

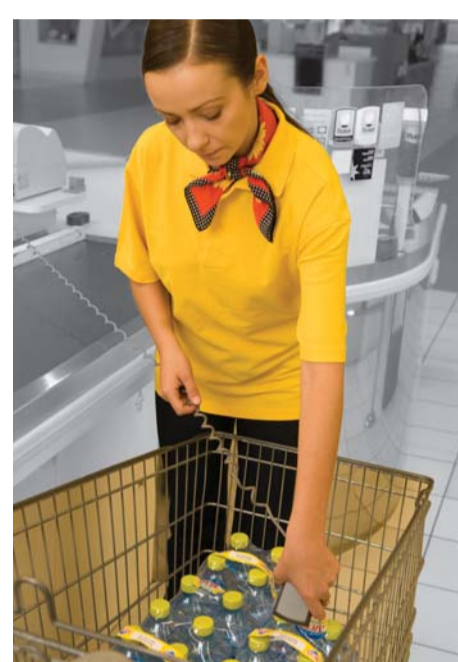
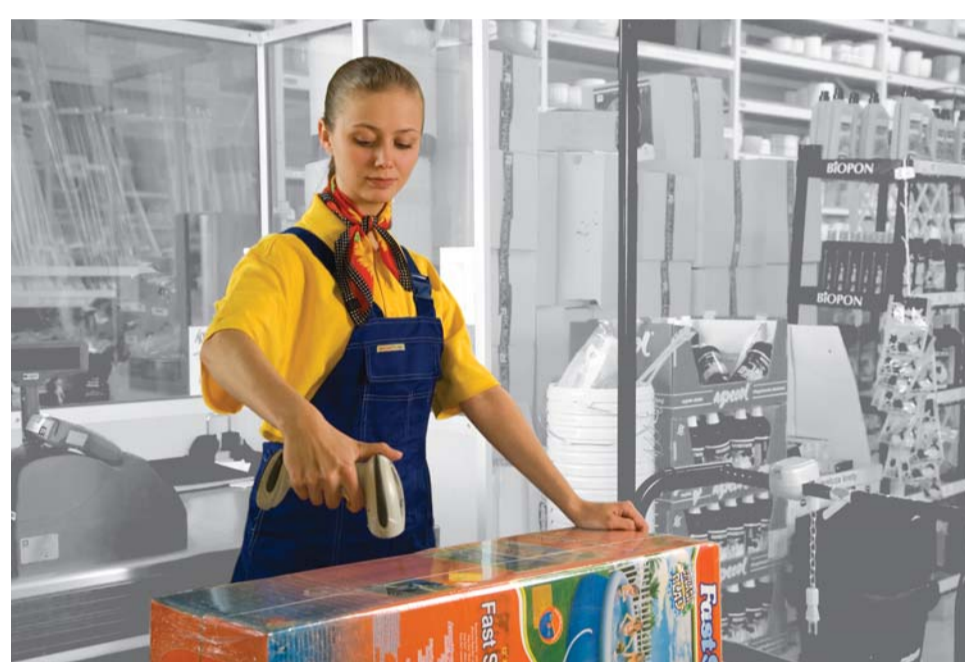
## Avoid, reduce, reorganise



■ An adjustable height trolley enables the worker to move goods at the same level without the necessity to bend – the spine does not change its natural position and the physical pressure on it is exerted evenly.



■ Mechanical means of transport make it easier to move the loads manually (with a hand trolley), eliminate manual handling of loads or the need for the worker to push the trolley (use of an electrical trolley). The use of technical measures limits the number of workers exposed to the risk of musculoskeletal disorders.



■ The use of a portable bar-code reader eliminates twisting and bending of the trunk as well as lifting of goods.



■ Large-size objects, e.g. electronic goods, should be moved with the use of devices to facilitate carrying them up or down the stairs. Workers using stair-climbers do not risk backache and back injuries. Such tasks as carrying heavy loads in staircases can often result in work accidents.



■ Lifting of loads above shoulder height causes excessive physical pressure on upper limbs and leads to micro-injuries. Therefore, a mechanical aid should be used.



■ The use of industrial scales eliminates manual handling of loads during reception of goods. Workers do not have to lift each single box, bottle or any other container – they just enter a unit weight and the system precisely counts the number of pieces in the collective packaging.



■ The use of a "handling" table reduced the load on the musculoskeletal system during stocktaking or cleaning of racks. It enables the worker to move the hands at the same level. The table can function as an adjustable height trolley.



■ Netlike containers eliminate the manual positioning of goods on warehouse racks and the commodities placed on them are easily accessible.



■ During lifting of a load from a squatting position with a straight back, physical pressure on the spine is placed evenly. It limits pain in the lumbar spine and prevents accidents related to disk injury.