

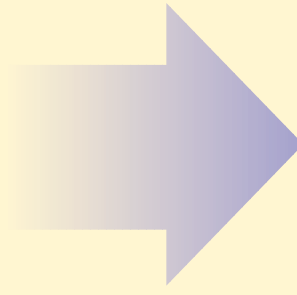
# WORK SMARTER, NOT JUST HARDER

Think **Ergonomics**—fitting the task to the person  
For very small businesses—restaurant and bar



Don't bend your back

1  
LIFT  
SMART

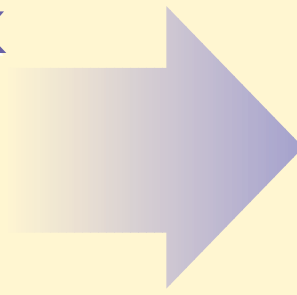


Keep back straight, get help



Don't leave a mess

2  
KEEP WORK  
AREA  
CLEAN

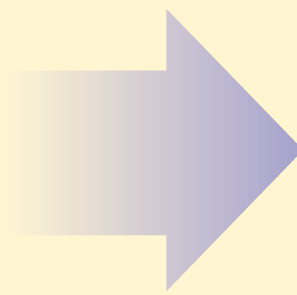


Clean up spills



Don't get fingers in  
the way

3  
LEARN  
TO CUT  
SAFELY



Pick the right knife, control  
the knife and product

4  
WEAR  
APPROPRIATE  
SHOES



Wear closed toed  
shoes with good  
support