



## HANDLING & BAGGING GROCERIES



**Set bags on the counter while bagging.  
Don't hold them.**



**Load bags in the lower cutout area next  
to the scanner.**



**Keep your elbows close to your body.**



**Slide items instead of lifting them.**



**Don't reach across your body. Transfer  
items from one hand to the other.**



**Warm up, stretch, and take microbreaks  
throughout the day.**

