



WALK-IN FREEZER SAFETY TIPS



Be Prepared	Work Safe	Finish Right
<ul style="list-style-type: none"> ✓ Ensure others know how long you will be working in the freezer ✓ Test the interior door mechanism/panic bar function before stepping into the freezer ✓ Determine appropriate personal protective equipment (PPE): <ul style="list-style-type: none"> – Gloves – Non-slip shoes – Warm jacket and hat ✓ Plan your route before lifting and carrying loads ✓ Remove any standing water or ice from the floor ✓ Be aware that using or storing dry ice in freezers requires special precautions 	<ul style="list-style-type: none"> ✓ Transfer hot materials into freezers with caution (preferably once they have cooled) ✓ Place or store heavy items at mid-body height ✓ Use rolling stair ladders to access high shelves ✓ Keep the freezer tidy ✓ Clean up any spills immediately ✓ Take regular mini-breaks to warmup ✓ When lifting: <ul style="list-style-type: none"> – Lift with the leg muscles – Bend at the hips and keep the back straight (i.e., maintain natural curve in low back) – Keep the load close to your body ✓ Turn your feet and do not twist at the waist 	<ul style="list-style-type: none"> ✓ Clean up any spills or condensation on floors to prevent a slip or trip ✓ Clean and put away PPE ✓ Report any safety concerns to your supervisor



Speak up!

If you see a hazard, let a supervisor know. Everyone plays a role in your safety and health.

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