# WALK-IN FREEZER SAFETY TIPS

## Be Prepared
- 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):
  - 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

## Work Safe
- 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 warm up
- When lifting:
  - 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

## Finish Right
- 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

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**Speak up!** If you see a hazard, let a supervisor know. Everyone plays a role in your safety and health.
HOW TO USE SAFETY CHECKS FOR WORKERS

Safety checks provide information for workers on how to work safely with specific hazards. Safety Check information can be used in orientation training, tailgate talks or even in one-on-one coaching. Use the following tips to help you communicate this information in your workplace:

- Use language that is consistent with the workplace
- Consider the work you do and specific examples of how these hazards can result in injury or illness
- Explain how the safe work practices will help prevent injury and illness
- Wherever possible, use the actual tools, equipment, materials and PPE to demonstrate proper use
- Ask specific questions during your talk to check understanding
- Keep a record of each talk that you deliver (see the form below)
- Post a copy of the Safety Check for workers to reference

OWNERS AND SUPERVISORS

Have you taken reasonable measures to control this hazard using the hierarchy of controls?

- Eliminating the need to enter freezer by using automated processes
- Installing engineering features (e.g., safety latch; heating strips on doors; non-slip flooring; entrapment alarms)
- Testing door latches and push knobs weekly
- Training on safe practices
- Posting signage
- Implementing and enforcing a PPE program

Date: ____________________________  Topic: __________________________________________________

Safety Check Session Leader: _________________________________________________________________

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