

## Cashiers and Repetitive Motion — Using Checkout Scanners

Avoid an injury by putting the following safe work habits into practice:

- Know the general location of the bar code associated with the item to be scanned
- Use your entire hand to pick up the item, not just your fingers
- Swipe the item over the scanner no more than *three times* before manually entering the bar code
- Push the item across the scanner rather than picking it up
- Pause occasionally to relax hand and arm muscles
- Stand on anti-fatigue mats
- Wear quality footwear that provides comfort and support
- Change body posture frequently
- Alternate body position
  - Stand if you sit for long periods of time
  - Sit if you stand for long periods of time
  - Wear warm clothes if close to outside door exits