

## Find the Hazards #2—Grocery Store



Adapted by BC Labour Heritage Ctr. from NIOSH Youth@Work  
National Institute For Occupational Safety and Health/Centre For Disease Control & Prevention

### Hidden Hazards

Pictured Hazards	Non Pictured Hazards
Heavy lifting	Harassment /sexual harassment
Box cutter	Biological hazards (viruses, bacteria, mould)
Meat slicer	Robbery/violence (angry customers, co-workers)
Cleaning chemicals/unmarked chemicals	
Repetitive motion	
Bending or reaching	
Standing a lot	
Stress	

### Overview of Hazards, Potential Effect With Possible Solutions

Hazard	Potential Effect	Possible Solution
	Safety	
Box cutters	Cuts	<ul style="list-style-type: none"> <li>*Use with care</li> <li>*Store safely</li> <li>*always cut away from your body</li> <li>* store sharps separately</li> <li>*cut on flat surface</li> <li>* clean the knife</li> <li>*wear gloves</li> </ul>
Box crushers	Body injuries	<ul style="list-style-type: none"> <li>*Contact WorkSafe or Union representative</li> <li>* Get proper training</li> </ul>
Slices and powered cutting equipment	Cuts	<ul style="list-style-type: none"> <li>* Keep in good condition</li> <li>*Use with care</li> <li>*Store safely</li> </ul>
Deli slicers	Cuts	<ul style="list-style-type: none"> <li>*Check WCB Regs</li> <li>*Keep guards in place</li> <li>*Get proper training</li> <li>*Turn off when cleaning, Un plug machine</li> <li>*use cut resistant gloves</li> </ul>
Shopping Carts	Body injuries	<ul style="list-style-type: none"> <li>*Limit number of carts pushed at one time</li> <li>*Wear gloves to protect that your fingers don't get crushed in handles.</li> </ul>
Cars (in parking lot)	Body injuries	<ul style="list-style-type: none"> <li>*Wear reflective gear to ensure you are seen by drivers</li> </ul>
	Chemicals	
Cleaning products	Some vapours cause headaches, dizziness, and other health problems; Contact with skin could cause irritation, rashes	<ul style="list-style-type: none"> <li>*Use safer products</li> <li>*Wear the right gloves to protect you.</li> </ul>
Cleaning products	Some vapours cause headaches, dizziness, and other health problems; Contact with skin could cause irritation, rashes, chemical burns	<ul style="list-style-type: none"> <li>*Use safer products</li> <li>*Wear the right gloves to protect hands</li> <li>* Ensure good ventilation</li> </ul>
	Other	
Violence, harassment, bullying, discrimination (from customers, co-workers)	Stress, emotion/physical trauma	<ul style="list-style-type: none"> <li>*Have enough security</li> <li>*Schedule at least 2 people per shift</li> <li>Use barriers, where money is handled</li> <li>*Get customer service training</li> <li>*Rotate jobs</li> <li>*Keep a diary to describe harassment</li> <li>*Report harassment to employer to employer or trusted adult</li> </ul>
Checkout counter	Muscle, tendon or nerve injuries	<ul style="list-style-type: none"> <li>*Make sure check stands are designed to allow for comfortable work/standing etc</li> <li>*Take regular breaks</li> <li>*Do stretching and flexibility exercises</li> </ul>
Bending, reaching, stretching and lifting	Muscle strains and sprains	<ul style="list-style-type: none"> <li>*Use machinery where possible</li> <li>*Keep heavy items on lower shelves</li> <li>*Get proper training</li> <li>*Rotate jobs</li> <li>*Do stretching and flexibility exercises</li> <li>*Rotate jobs</li> <li>*Get help from co-workers</li> </ul>
Cold temperature (cold storage areas, freezers etc)	Frostbite	<ul style="list-style-type: none"> <li>*Wear appropriate work clothing</li> <li>*Limit time working in cold areas</li> </ul>