

Reopening Employee Safety Ideas

Dear KRHASIF Members,

As you start the process of returning to the new version of your business operations, remember to take into account that a portion of your employees have either been entirely off work or have worked only on a limited basis for the past few months. Just like an athlete, if they have been away from their daily activities, their bodies will require time to get back to full speed. Here are a few ideas to consider:

- Try to transition the amount of physical activities that are required. Examples: Lifting, Standing, Bending, or Twisting.
- Consider a gradual increase in their work schedules to start the reopening stages.
- If employees are complaining of soreness or fatigue, that is a clear sign that they are stressing their bodies too quickly in their return to work. Adjustments in their duties or hours could prevent an injury.
- If you have enough staff, try to rotate workers with shorter shifts or days off after a couple of days of full-time work, your employees will be able to get back into their routines without the heightened risk of injury from coming back too quickly.
- Encourage employees to stretch at the beginning of their shifts. (I have also attached a link to some stretching routines that can help your team members with their transition.)

As our members have adjusted to this pandemic there has been an uptick in curbside-to-go operations. The increase in this service offering has meant an increase in workers' compensation claims occurring outside of establishments. Please consider a few of these precautions:

- If your employees are serving customers at their vehicles. Make sure that the delivery area is free from and large cracks or potholes.
- If this service is available at night make sure the designated space is well lit.
- When possible, avoid any changes in terrain. i.e. walking from a sidewalk to grass.



We realize that all operations vary and therefore may require individual measures to address employee safety. If you have any concerns, we are always glad to assist with any employee or customer safety needs that come up at your business.

Click here for helpful types of stretches

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