

Fact Sheet #3: Workplace Hazards in Grocery Stores

This fact sheet is for teens who work in grocery or food stores and the employers who hire them. Teens can use this fact sheet to learn how to reduce the risk of getting injured at work. Employers can use this fact sheet as a training tool for teen workers and their supervisors.

In Washington approximately 13% of the jobs held by teens are in grocery or food stores!

	Hazard	Effect	Possible Solutions
Safety Hazards	Box cutters	Cuts	<ul style="list-style-type: none"> • Cut properly • Store cutters properly
	Box crushers	Various body injuries	<ul style="list-style-type: none"> • Must be 18 or older to use • Get proper training
	Sharp knives	Cuts	<ul style="list-style-type: none"> • Keep sharp and in good condition • Cut properly • Store properly
	Deli slicers and powered cutting equipment	Cuts	<ul style="list-style-type: none"> • Must be 18 or older to use • Keep guards in place • Get proper training • Unplug when cleaning
Chemical Hazards	Cleaning products	Vapors may cause headaches or other health problems; skin contact may cause irritation or dermatitis	<ul style="list-style-type: none"> • Use safer products • Wear gloves when necessary • Have good ventilation
	Repetitive motions, checkout scanners	Muscle, tendon, or nerve injuries, carpal tunnel syndrome	<ul style="list-style-type: none"> • Redesign checkout stands • Take regular breaks • Rotate jobs
Other Hazards	Bending, reaching, stretching, and lifting	Muscle strains or sprains	<ul style="list-style-type: none"> • Keep heavy items on lower shelves • Get training on proper ways to lift • Rotate jobs • Use helpers
	Cold temperatures (in cold storage areas, freezers)	Frostbite	<ul style="list-style-type: none"> • Limit time working in cold areas
	Contact with public	Stress, criminal violence, robbery	<ul style="list-style-type: none"> • Have adequate security • Schedule at least two people per shift • Use barriers where money is handled • Get customer service training
	Sexual Harassment	Emotional stress, fear in the workplace	<ul style="list-style-type: none"> • Know workplace policy • Get proper training

