



Welcome to Flavor Nation training, Injury Prevention and Reporting.

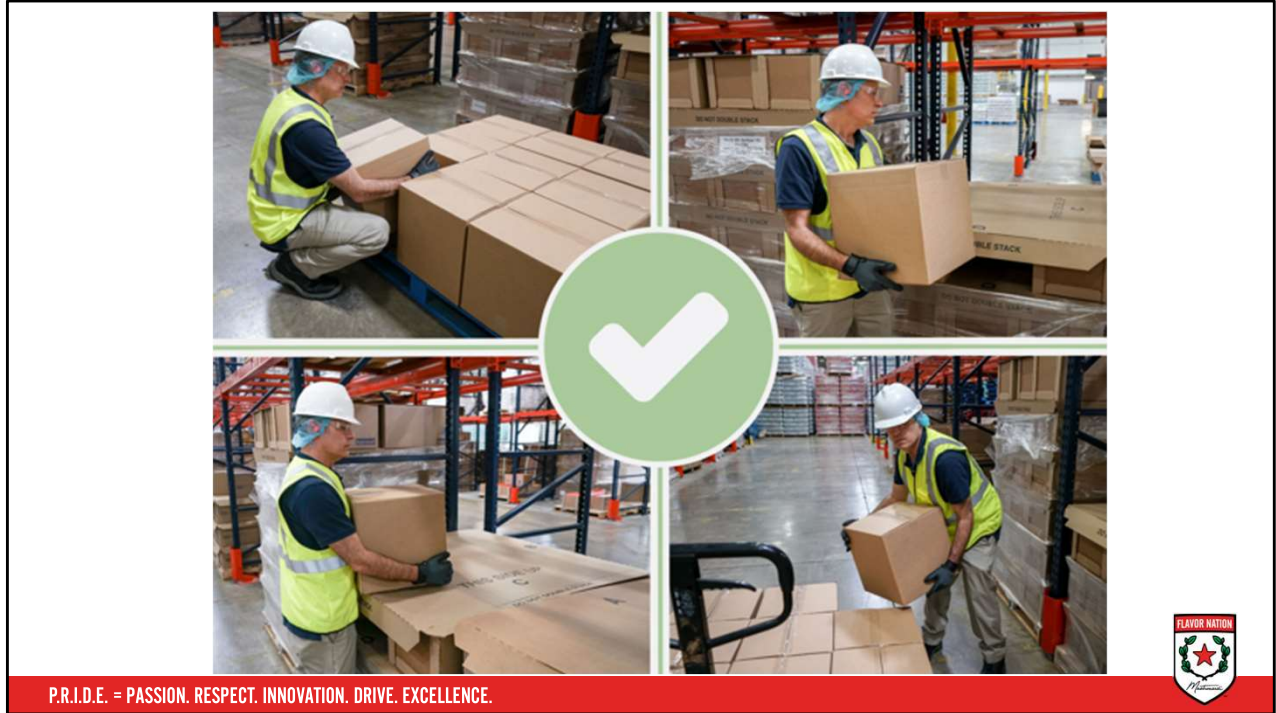
This course introduces safe lifting practices and ways of avoiding slips, trips, and falls. When an injury occurs at work, you'll learn why to report it and how.

LIFTING SAFETY

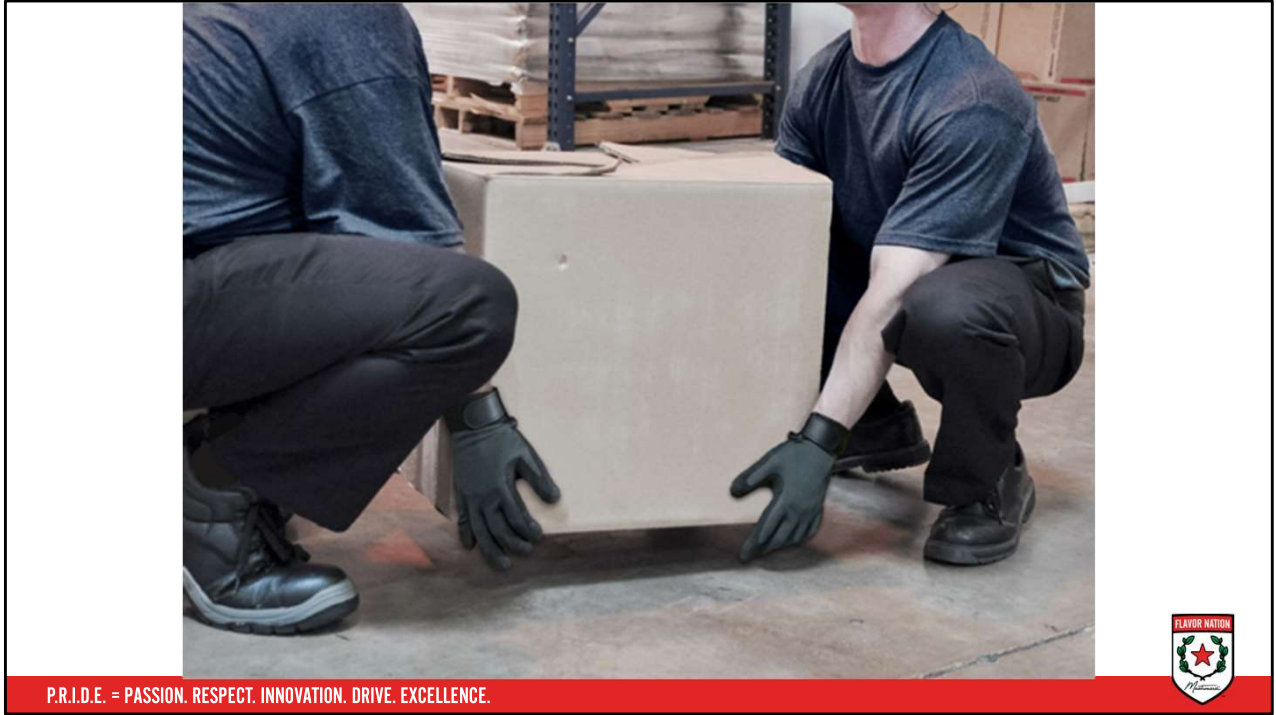


P.R.I.D.E. = PASSION, RESPECT, INNOVATION, DRIVE, EXCELLENCE.

Lifting Safety



Follow safe practices when lifting to prevent injuries. When lifting, keep your back straight and lift with your legs. Move your feet and legs when turning. Do not twist or bend at the waist. Keep the load as close to your body as possible.



Use carts to move heavy loads or have another person help you lift heavier items.



Do not lift more than 30 pounds or 13.6 kilograms at a time. Two standard cases of peppers or tomatoes equals 30 pounds or 13.6 kilograms. Do not lift more than this weight over your head. Avoid over-reaching when lifting a load.



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When pushing, use safe pushing techniques. Push at a 45-degree angle. Use your leg muscles, not just your arms and shoulders. Make sure your footing is firm, you're on solid ground, and there are no water or ice patches on the ground or floor.

SLIPS, TRIPS AND FALLS



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Slips, Trips and Falls



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There are many causes of slips, trips, and falls inside



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and outside Mastronardi Produce facilities.



Slip hazards include spills or product on the floor that make walking surfaces slippery.



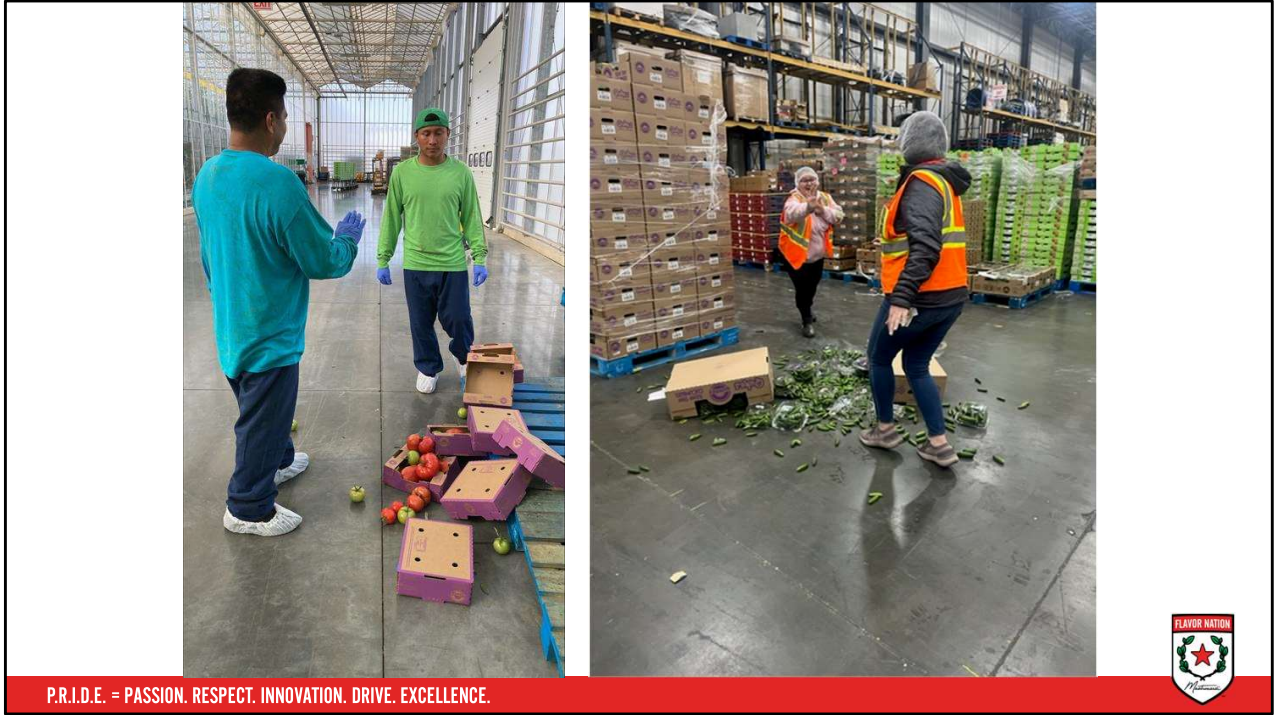
Trip hazards are items that obstruct walking paths. For example, hoses, extension cords, or carpets that are rumpled or have curled edges.



Fall hazards include items that can fall from walls or overheads, or that people can fall into or from. For example, shelving units, stationary storage tanks, and overhead platforms.



Pay attention while you walk. Many falls occur because people are distracted and don't see an obstacle ahead.



Don't walk away if you see a spill. Stay next to the spill to prevent others from walking through it. Ask a coworker to get a supervisor or manager.



To prevent slips and trips, wear non-slip shoes or boots to work. Replace your shoes or boots if they become worn out. Walk - do not run - inside and outside our facilities.



Finally, always use a handrail on stairs if available. Don't try to carry a load with both hands while climbing or descending stairs.

REPORT INJURIES



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Report Injuries



Injuries can happen in the workplace. Sometimes there are "near misses", which are injuries that almost happened. Immediately report injuries and near misses to your supervisor or manager, the safety supervisor, or staffing agency representative - no matter how minor.



If you see a coworker's accident, injury, or near miss, report it to a supervisor or manager immediately.

Mastronardi Produce's policy requires you to report ALL injuries and near misses to your supervisor or manager.



An Incident Report needs to be completed for your protection as well as Mastronardi Produce's protection.

THANK YOU



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That concludes your training presentation. Now you know safe practices and how to report near misses and injuries.