

Grocery Wholesalers

Ergonomics Priority for Prevention | May 2024

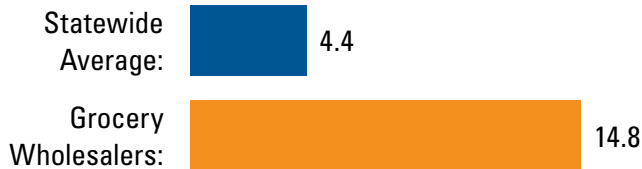


Employers in the North American Industry Classification System (NAICS) code 42441 distribute a wide range of grocery products. Common tasks include receiving freight, selecting customer orders in warehouses, and delivering orders to grocery stores, restaurants, health care facilities, and other customers.

Work-related Musculoskeletal Disorders (WMSDs)

Grocery Wholesalers have a compensable* WMSD rate that is more than three times the Washington statewide average for all industries.

WMSD Claim Rate per 1,000 FTEs



Common causes of WMSDs	Injury description examples
Lifting boxes, bags, sacks and totes	"Carrying 60 pounds and bending under a rack."
Repetitive grasping or moving objects	"Picking up 2,500 cases per day."
Bending, climbing, crawling, reaching or twisting	"Bent over to pick up a box of cheese."
Pushing or pulling carts, dollies and hand trucks	"Pushing a dolly with 300 pounds of product."

* Compensable claims involve wage replacement for lost work time (four or more days), total permanent disability, fatality, or a worker kept on salary by the employer during disability.

Top three occupations reporting WMSDs

1. Retail salespeople
2. Stock clerks and order fillers
3. Truck drivers

Workers with more serious WMSDs received time loss benefits. Most of these workers needed 20+ days to recover before returning to work.

Ideas for preventing WMSDs

- Slot heavy or frequently picked items where they can be handled without bending, twisting or reaching.
- Use a carton clamp or layer picker to break down pallets of product to reduce lifting above shoulder height.
- Use lifting analysis tools to set reasonable pick rates.
- Raise low-stacked items with an additional rack, empty pallets, or a pallet lift underneath in order to bring the items to waist height.

For more information and to learn about requesting an ergonomics consultation, visit lni.wa.gov/Ergonomics. For questions, email Ergonomics@lni.wa.gov. For more information about NAICS descriptions, visit census.gov/naics.

Upon request, language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 711. L&I is an equal opportunity employer.

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