

No Lift Brewery: Saving Money by Working Less

Stacey O'Connor - Head Brewer - Headless Mumby Brewing Company

What do we mean by “No Lift”

- Any item or materials over 55 pounds should be transported or lifted with assistance
- ALL staff are well versed in safe lifting techniques
- Any accommodations that are needed for individuals to properly perform their job is provided



Back Health and Safety is NO JOKE!

not limited to weekdays/nights, weekends, and holidays as needed

- Ability to lift and move heavy objects up to 170 lbs
- Understanding of professional brewing processes, ingredients, equipment, and quality control

of time on your feet

- Ability to lift 75 lbs several times a day
- Working as a team a must
- Experience in a high volume preferred
- 30-40 hours per week with some weekends as needed

- Ability to regularly lift, push, or pull up to 170 pounds.
- Ability to stand/move on their feet for 8 hours a day.
- Mechanical aptitude and experience in a manufacturing environment preferred.

Physical Requirements:

- Able to lift 55 lbs overhead.
- Able to maneuver equipment in tight spaces.
- Able to stack and maneuver 165 lb kegs.
- Able to work on your feet for 8+ hours at a time.
- Able to work in tight spaces where twisting, reaching, and climbing is required.

Taking Back your Back

- Overstress can lead to strains, slipped discs, hernias, and long term issues such as arthritis
- Keeping a strong core
 - Entire cylinder
 - Self care
- Talking with healthcare providers



Saving Money

[Estimated Costs of Occupational Injuries and Illnesses and Estimated Impact on a Company's Profitability Worksheet - Text Version | Occupational Safety and Health Administration \(osha.gov\)](#)

- Breaking down the costs
 - Injury vs infrastructure
- Robust HR/Safety plans
- Ownership down
 - Everyone is accountable

Finding the right tools

- Moving kegs

- Handtrucks
 - \$100-200
- Keg Jockeys
 - \$175- 3,000
- Keg lifts/winches
 - \$150 - \$250
- Keg stackers
 - \$20-40
- Pallet jacks and forklifts



- Moving cases

- Handtrucks
- Pallet and pallet jacks
- forklifts



Putting thought into your layout

- Keeping items close to core
- Not lifting overhead
- Placement of pallets
- Plan you end goal
 - What are you carrying?
 - Where is it going?



Throw in some perks!!!

- Looking for incentives to boost your employee morale?
 - Massage
 - Chiropractic Care
 - Gym memberships
 - Yoga
- Proper gear is as important as proper glassware!
 - Braces, belts, gloves
- Make health a priority and watch morale increase
 - Look into health plans that also encourage this
 - Make sure employees have coverage should they be injured



Resources

[Estimated Costs of Occupational Injuries and Illnesses and Estimated Impact on a Company's Profitability Worksheet - Text Version |](#)

[Occupational Safety and Health Administration \(osha.gov\)](#)

[Safe Lifting Training For Your Workforce | National Safety Compliance \(osha-safety-training.net\)](#)

[Safety & Health \(wa.gov\)](#)

[Brewers Association | Promoting Independent Craft Brewers](#)