



**LBE Holdings, LLC**  
North Star Foods, LLC  
TriStar Ventures, LLC  
River Valley Restaurants, LLC  
LBE Restaurant Development, LLC  
**Pioneer Restaurants, LLC**

**Summit Restaurant Holdings, LLC**  
Atlantic Star Foods, LLC  
Bighorn Restaurants, LLC  
Empire Restaurants, LLC  
Heartland Restaurants, LLC  
Summit Restaurant Development, LLC



# **Safety Alert**

**Subject: Manual Material Handling/Safe Lifting Practices**



**Moving heavy or bulky items alone can result in an injury.**

- Be aware of the weight of the object and determine if it is safe to lift on your own.
- When possible, seek the assistance from others before items are moved.

**If you have to lift an object by yourself, remember to:**

- Check to make sure path of travel is clear of tripping hazards and slick surfaces.
- Bend your hips and knees to squat down to the object. Do not bend at the waist.
- Keep object close to your body as you lift.
- Slowly lift, straightening your legs to lift.
- Keep your back straight, and do not twist as you lift.
- If you must turn, turn with your feet, not your body.
- Set down the object carefully, squatting with the knees and hips only.

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*Independently Owned and Operated Franchisee's of Hardee's, Carl's Jr, Dunkin Donuts, Pizza Hut and Taco Bell Restaurants*