



May 2026 Safety Calendar:

Hospitality and Leisure Industry

Verist.

May 2026 Safety Calendar: Hospitality & Leisure

In hotels, employees handle a wide variety of physical tasks every day- from moving luggage and linens to setting up banquet tables and restocking supplies. These tasks, though routine, can lead to serious back, shoulder, or knee injuries if proper lifting techniques aren't used. By understanding and following safe lifting fundamentals, hotel employees help maintain a safer, healthier, and more productive workplace for everyone.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Reduces the likelihood for sprains, strains, and back pain 1	Improves efficiency and safety during housekeeping, maintenance, and food service tasks 2
Week 1: Why Safe Lifting Fundamentals Are Important						
Assists in improving a safer environment 3	Helps maintain long-term employee health and career longevity 4	Reduces the risk of dropped or damaged items that could harm guests or coworkers 5	Ensures compliance with workplace safety standards and hotel policies 6	Reinforces teamwork and communication when lifts require more than one person 7	Handling guest luggage at the front desk, bell stand, or valet area 8	Moving housekeeping carts, bins of linens, ladders, tools 9
Week 2: Common Lifting Tasks in Hotels						
Lifting mattresses, bed frames, or furniture during room changes or deep cleaning 10	Transporting banquet tables, chairs, and AV equipment for event setup 11	Carrying food trays, beverage cases, or supplies in kitchens and restaurants 12	Stocking inventory in storage rooms, laundry areas, or supply closets 13	Moving trash bags, recycling containers, or maintenance materials 14	Loading or unloading shipments from delivery trucks or storage pallets 15	Plan before lifting-check the weight and clear your path before you start 16
Week 3: Safe Lifting Best Practices						
Ask for help if an object feels too heavy or awkward 17	Use material handling aids as needed 18	If using a material handling cart push instead of pull 19	Stand close to the load and keep your feet shoulder-width apart for balance 20	Bend at the knees, not the waist, and use your legs to lift, not your back 21	Keep the load close to your body while lifting and carrying 22	Avoid twisting your torso-turn by moving your feet instead 23
Week 4: Continued Education on Safe Lifting Practices						
Set the object down carefully, maintaining control until it's stable and secure 24	Provide consistent and thorough safe lifting training for all staff 25	Training should be provided for new hires and at least annually thereafter 26	Address key loss exposures: Handling ladders, carts, moving furniture, carrying boxes, etc. 27	Encourage team members to report damaged and missing carts, lifting aids, and other damaged equipment 28	Remove any damaged material handling aid from service 29	Post lifting best practices in storage closets, housekeeping, and loading areas 30
If you see someone lifting unsafely bring it to your manager's attention this will enable a coaching session to correct unsafe behaviors 31						



Safe Lifting Fundamentals

In hotels, employees handle a wide variety of physical tasks every day—from moving luggage and linens to setting up banquet tables and restocking supplies. These tasks, though routine, can lead to serious back, shoulder, or knee injuries if proper lifting techniques aren't used. By understanding and following safe lifting fundamentals, hotel employees help maintain a safer, healthier, and more productive workplace for everyone.

Week 1

Why Safe Lifting Fundamentals Are Important

1. Reduces the likelihood for sprains, strains, and back pain
2. Improves efficiency and safety during housekeeping, maintenance, and food service tasks
3. Assists in improving a safer environment
4. Helps maintain long-term employee health and career longevity
5. Reduces the risk of dropped or damaged items that could harm guests or coworkers
6. Ensures compliance with workplace safety standards and hotel policies
7. Reinforces teamwork and communication when lifts require more than one person

Week 2

Common Lifting Tasks in Hotel

1. Handling guest luggage at the front desk, bell stand, or valet area
2. Moving housekeeping carts, bins of linens, ladders, tools
3. Lifting mattresses, bed frames, or furniture during room changes or deep cleaning
4. Transporting banquet tables, chairs, and AV equipment for event setup
5. Carrying food trays, beverage cases, or supplies in kitchens and restaurants
6. Stocking inventory in storage rooms, laundry areas, or supply closets
7. Moving trash bags, recycling containers, or maintenance materials
8. Loading or unloading shipments from delivery trucks or storage pallets

Week 3

Safe Lifting Best Practices

1. Plan before lifting, check the weight and clear your path before you start
2. Ask for help if an object feels too heavy or awkward
3. Use material handling aids as needed
4. If using a material handling cart push instead of pull
5. Stand close to the load and keep your feet shoulder-width apart for balance
6. Bend at the knees, not the waist, and use your legs to lift, not your back
7. Keep the load close to your body while lifting and carrying
8. Avoid twisting your torso—turn by moving your feet instead
9. Set the object down carefully, maintaining control until it's stable and secure

Week 4

Continued Education on Safe Lifting Practices

1. Provide consistent and thorough safe lifting training for all staff
2. Training should be provided for new hires and at least annually thereafter
3. Address key loss exposures: Handling ladders, carts, moving furniture, carrying boxes, etc.
4. Encourage team members to report damaged and missing carts, lifting aids, and other damaged equipment
5. Remove any damaged material handling aid from service
6. Post lifting best practices in storage closets, housekeeping, and loading areas
7. If you see someone lifting unsafely bring it to your manager's attention—this will enable a coaching session to correct unsafe behaviors

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