

## The Safetray mission!

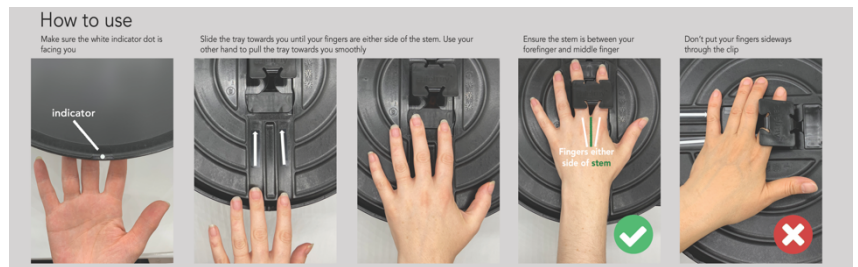
We make a big deal out of how easy it is to use **Safetray**, eliminate spills, serve safely and cleanly. However, there is a bigger change that we are trying to make than just giving you the best quality innovative tray on the market! We want to change the way you carry trays and in doing so, save you from potentially debilitating and long-term injuries such as **carpal tunnel**.



## The Science

It's all about biomechanics and controlling the forces that we are putting through our hands, arms and shoulders, everything is connected and meant to work in certain ways. **Safetray** is designed to promote the most ergonomically correct way to hold a tray. Holding with a straight wrist, supporting on the forearm and with the upper arm vertical. We have also designed **Safetray** to balance different weight items correctly in relation to the greatest load stresses on your hands and arms.

The **Safetray** holding clip, when correctly used between forefinger and middle finger, places the tray loads at the most appropriate point for the mechanics of your hand and arm to work as intended and not add stress unnecessarily.



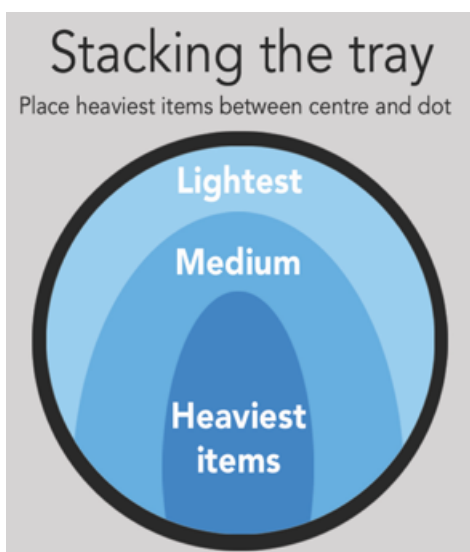
## Reduce risk to servers with these posture modifications:

- Carry trays with a straight wrist
- Support the weight of the tray on both the hand and forearm, not the wrist
- Keep the upper arm vertical
- Carry the tray close to the body
- Balance the load on the tray
- Alternate hands used to carry items

## When carrying small trays

- Carry the tray with your shoulder, arm, and hand in neutral positions.
- Carry the tray as close to your body as possible, balanced on both your arm and hand.

## Example of preferred posture



Don't just take our word for it, there is lots of research out there to help you serve safely!

<https://ergoconsulting.ca/blog/ergonomics-for-servers-carrying-trays/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2410192/>

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