



Hospitality and Catering

# Manual Handling in Hospitality and Catering

## Lesson 5

This course is appropriate for everyone in the food industry. Ensuring you work safely reducing any risks, understanding correct techniques and practices to follow.





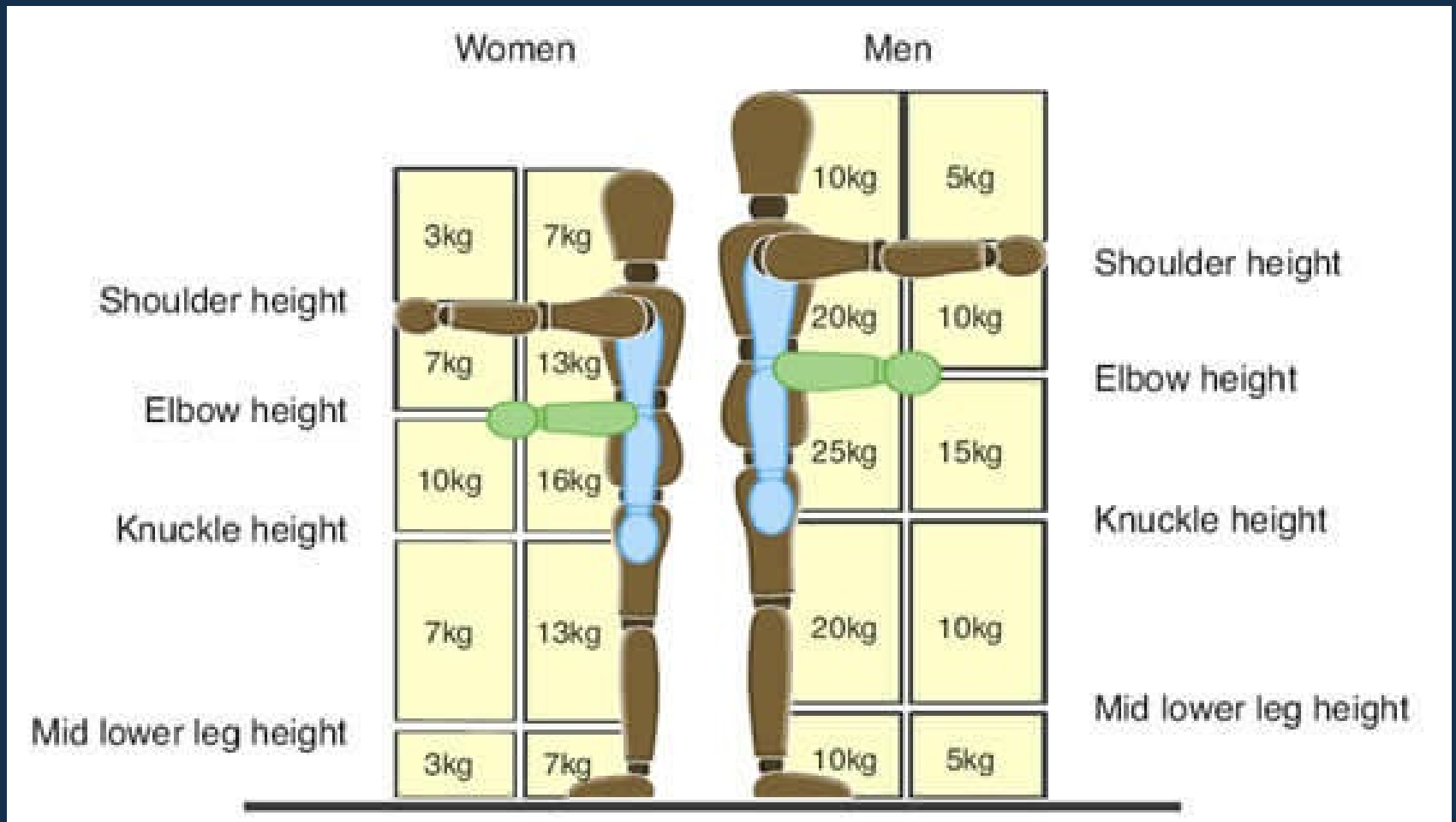
Lifting manually can never be described as safe but if guidelines are followed risks can be minimised.





The diagram on the next page outlines what weights can be lifted and lowered at certain heights. The diagram also shows the difference in weights to be moved if the arms are extended or held close to the body. Extended arms must lift lighter weights.







The diagram assumes that the load is grasped with both hands with a stable body position and the operation is carried out in reasonable working conditions.







When a risk assessment is carried out on manual handling jobs the assessor will refer to the diagram to make a judgment about the operation and the level of risk involved.





The maximum weight lifted must not be more than stated on the diagram for the height specified. If the operator's hands enter into more than one level the lightest weight should be used.





If the operation involves twisting more than  $45^{\circ}$  then the weight lifted should be reduced by approximately 10% and if twisting more than  $90^{\circ}$  it should be reduced by approximately 20%. This is only a guide.







The diagram is assuming that the lifting or lowering operation is not a regular repeated action and is performed less than 30 times an hour. If the operation is performed more than 30 times an hour the weight should be reduced.





# **The guidelines for reducing the weight lifted are:**

- Reduce by 30% if operation is performed once or twice a minute
- Reduce by 50% if operation is performed five to eight times a minute
- Reduce by 80% if operation is performed more than 12 times a minute



The guidelines for pushing and pulling are:

### Male

Force to stop or start load 20kg

Sustained force to keep the load in motion 10kg

### Female

Force to stop or start load 15kg

Sustained force to keep the load in motion 7kg



# Revision Activity 5

**What percentage must you reduce the weight lifted to, if twisting more than 90°?**