



Hospitality and Catering

Manual Handling in Hospitality and Catering

Lesson 1

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





Learning Objectives

- Define manual handling
- Describe the employers manual handling duties
- Identify the employees manual handling responsibilities
- State what information manual handling training should contain
- Classify the different injuries which can occur by manual handling accidents and incidents





Learning Objectives

- Recognise risk factors when manual handling
- State the purpose of a risk assessment
- List the five basic steps of a risk assessment
- Summarise the solutions to avoiding manual handling
- Explain the six problems to look for when performing an assessment and how to reduce the risks





Learning Objectives

- Define the purpose of using mechanical aids and how to use them safely
- List different types of mechanical aids
- Describe the different weights which can be lifted at different heights safely
- Explain the correct manual handling technique that should be followed
- Recognise hazards to be aware of when manual handling





Manual handling is described as the use of the body to move loads. It is important that everything is done to reduce the risk of an injury from manual handling.





Manual handling is defined as lifting, putting down, pushing, pulling, carrying or moving of a load by hand or bodily force.





The most important legislation relating to manual handling is the Manual Handling Operations Regulations 1992. This regulation outlines the responsibilities of an employer regarding reducing the risk of manual handling accidents and injuries.





The employer has a duty to provide:

- Safe place of work
- Safe systems of work
- Safe plant, machinery and equipment
- Safe environment to work in
- Safe methods of storing, handling and transporting goods



An employer should avoid the use of manual handling practices where possible. Assess the risk of an injury occurring due to manual handling and reduce the risk as best as possible.





The employer has a responsibility to:

- Be cautious of the health and safety of themselves and others
- Follow any safe working practices they are required to
- Use equipment and machinery safely following guidance
- Use appropriate safety equipment provided for them
- Provide co-operation with their employer
- Ensure any hazardous handling activities are reported immediately to their employer
- Don't misuse or interfere with anything supplied for health and safety



It is essential that all employees receive training in manual handling as it can be a task performed in every job role.





Manual handling training should cover:

- Risk factors
- How accidents and injuries happen
- The correct manual handling technique to use
- Consider the appropriate systems of work
- How to use mechanical aids
- Safe methods of working



If the employer or employee does not adhere to the manual handling operations regulations 1992 there may be sanctions or penalties which are:

- Improvement notices
- Prohibition notices
- Unlimited fines
- Directors debarred
- Criminal prosecution
- Imprisonment





Revision Activity 1

Name two things the employer has a duty to provide?