



Hospitality and Catering

Manual Handling in Hospitality and Catering

Lesson 2

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





Injuries which occur from handling incidents are one of the most common type of injury.





There are several types of injuries caused by manual handling accidents and incidents.

Musculoskeletal disorders are thought to be caused by:

- Heavy manual labour
- Manual handling incorrectly
- Poor posture
- Previous/ existing injuries



Examples of musculoskeletal disorders from unsafe manual handling are:

- Sprains and strains
- Back injuries
- Soft tissue injuries to the neck, legs, arms, shoulders or waist
- Hernias
- Chronic pain





There are three poor physical conditions which make an injury more likely, these are poor posture, lack of exercise and excess weight. An employee must be fit for work in order to carryout their job safely.





Revision Activity 2

**What causes
musculoskeletal disorder?**