



Hospitality and Catering

Manual Handling in Hospitality and Catering

Lesson 4

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





A mechanical aid can be used to reduce any physical exertion used to handle goods making the process safer.





Mechanical aids should be used if they can reduce the risk of injury from manual handling.





**Mechanical aids
can also help
with improving
productivity as
well as for
manual handling
reasons.**



Examples of types of mechanical aids are:

- Forklifts
- Pallet trucks (manual and electrical)
- Hydraulic lift tables
- Lift trucks
- Cranes
- Hoists
- Lifts
- Carts
- Wheels used for stacks and containers
- Conveyors
- chutes



All mechanical aids should be kept clean and maintained. Any operators must be trained on how to operate them safely.





Revision Activity 4

**List three types of
mechanical aids?**