



Hospitality and Catering

Manual Handling in Hospitality and Catering

Lesson 6

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





When lifting and handling you should always plan ahead, things to consider are:

- Will handling aids help?
- Is there a safe area place for the load to be placed?
- Do I need help?
- Is there any obstructions? For example, wrapping materials
- Do I need to rest midway?



If personal protective equipment (PPE) is provided by the employer, it must be used correctly. For example, gloves may be provided for lifting cold goods.





The load should be kept as close to the waist as possible when carrying. If the load has one side heavier than the other, then that side should be placed next to the body.





**Feet should be
apart with one
leg more forward
than the other,
this will create a
stable position.**





**Hug the load to
the body with a
good grip.**



A good position to start the lift is slightly bending the back, knees and hips if appropriate. Try not to flex the back too much while lifting.





Try not to twist or lean sideways especially if the back is bent. If you need to turn then move the whole body even the feet rather than twisting.





**The head should
be kept up and
not down when
moving the
load.**



You must try to move smoothly and not jerk dramatically. The amount lifted should be easy to manage and if it needs adjusting then the load should be put down to adjust.





Revision Activity 6

What questions should you ask yourself when you are planning to lift and handle?