



Hospitality and Catering

# Manual Handling in Hospitality and Catering

## Lesson 7

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





Handling aids must be in good condition with free moving wheels. Handle heights should be between the shoulder and waist.







Try to push rather than pull where possible, make sure you have a clear view of where you are going.





If help is needed make sure you get help from another operator. This may be the case if you must move a load on a slope.







Be aware of any uneven or soft surfaces as it may be harder to move the load on them.





You must not move  
the load faster than  
a walking pace and  
make sure that the  
feet are kept away  
from the load.





# Revision Activity 7

**Which is the best way to  
move a load push or pull?**