



# RESTAURANT ASSOCIATES BITESIZE SAFETY

**Manual Handling**

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# AGENDA



- **WHY IS IT IMPORTANT**
- **EXAMPLES OF HAZARDS**
- **HOW CAN WE PREVENT THEM**
- **DO'S & DON'TS**
- **VIDEO**
- **CALL TO ACTION**





# WHY IS IT IMPORTANT



# EXAMPLES OF HAZARDS



## Hazards related to the load

**Weight and size:** Heavy or large loads can cause muscle strain and joint injuries.

**Structure and grip:** Awkwardly shaped or unstable loads are difficult to grip and control, increasing the risk of dropping them.

**Contents:** Loads may have sharp edges or be hot or cold, leading to cuts or burn

## Hazards related to the task

**Repetitive or sustained movement:** Performing the same action too often can cause long-term muscle damage.

**Poor posture:** Bending, twisting, or reaching can put excessive strain on the back and spine.

**Incorrect handling:** Using poor lifting techniques increases the risk of injury to the person handling the load and potentially others.

**Lack of staff:** Insufficient help can lead to individuals attempting to lift loads that are too heavy for them alone

## Hazards related to the environment

**Work area:** Obstacles, clutter, or uneven surfaces create trip or slip hazards. Visibility can be reduced when carrying larger items.

**Floor conditions:** Slippery floors from spills or other substances increase the risk of accidents.

**Lighting:** Poor lighting can make it difficult to see the load or potential hazards.

**Space:** Working in confined areas can make it difficult to use proper lifting techniques.



# HOW CAN WE PREVENT MANUAL HANDLING INJURIES ?



## **TILEO framework for manual handling**

**Task:** The nature of the manual handling task and the motions involved, such as lifting, carrying, pushing, or pulling.

**Individual:** The capabilities of the person performing the task.

**Load:** The characteristics of the object being moved, including its size, shape, weight, and surface type.

**Environment:** The area where the task is being carried out, including any space constraints or obstacles.

**Other Factors:** Anything else that might affect the safety of the task, such as the duration and frequency of the work, workspace constraints, or the need for specific equipment or personal protective equipment (PPE)

# HOW CAN WE PREVENT MANUAL HANDLING INJURIES ?



## Before you lift

**Plan the lift:** Assess the weight, size, and shape of the load. If it's too heavy or awkward, find a different way to move it or get help.

**Clear the path:** Make sure the route is clear of obstacles, trip hazards, and is well-lit.

**Use equipment:** Mechanical aids like wheelbarrows, pallet trucks, or hoists can reduce the risk significantly.

**Break down the load:** If possible, split the load into smaller, more manageable pieces.

## During the lift

**Use correct posture:** Stand close to the load with your feet shoulder-width apart, one foot slightly in front for balance. Bend your knees and hips, keeping your back straight and your head up. Lift using the power of your legs, not your back.

**Grip the load securely:** Hold it firmly with both hands, using handles if available.

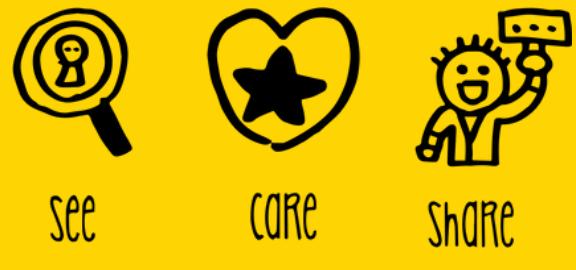
**Keep the load close:** Hold the load close to your waist for as long as possible.

**Avoid twisting:** Do not twist your torso. Pivot your feet to change direction.

**Lift smoothly:** Avoid jerky movements.



# HOW CAN WE PREVENT MANUAL HANDLING INJURIES ?



WE LOOK OUT FOR EACH OTHER

## When you can't lift alone

**Team lift:** Coordinate with another person, with one person giving commands.

Ensure you are lifting and lowering in unison.

**Take breaks:** Schedule regular breaks and rotate tasks to avoid fatigue.

## Other prevention tips

**Change the task:** Whenever possible, avoid lifting altogether by pushing instead of pulling, or by raising or lowering the load to a more convenient height.

**Stay hydrated:** Proper hydration is essential for muscle function.

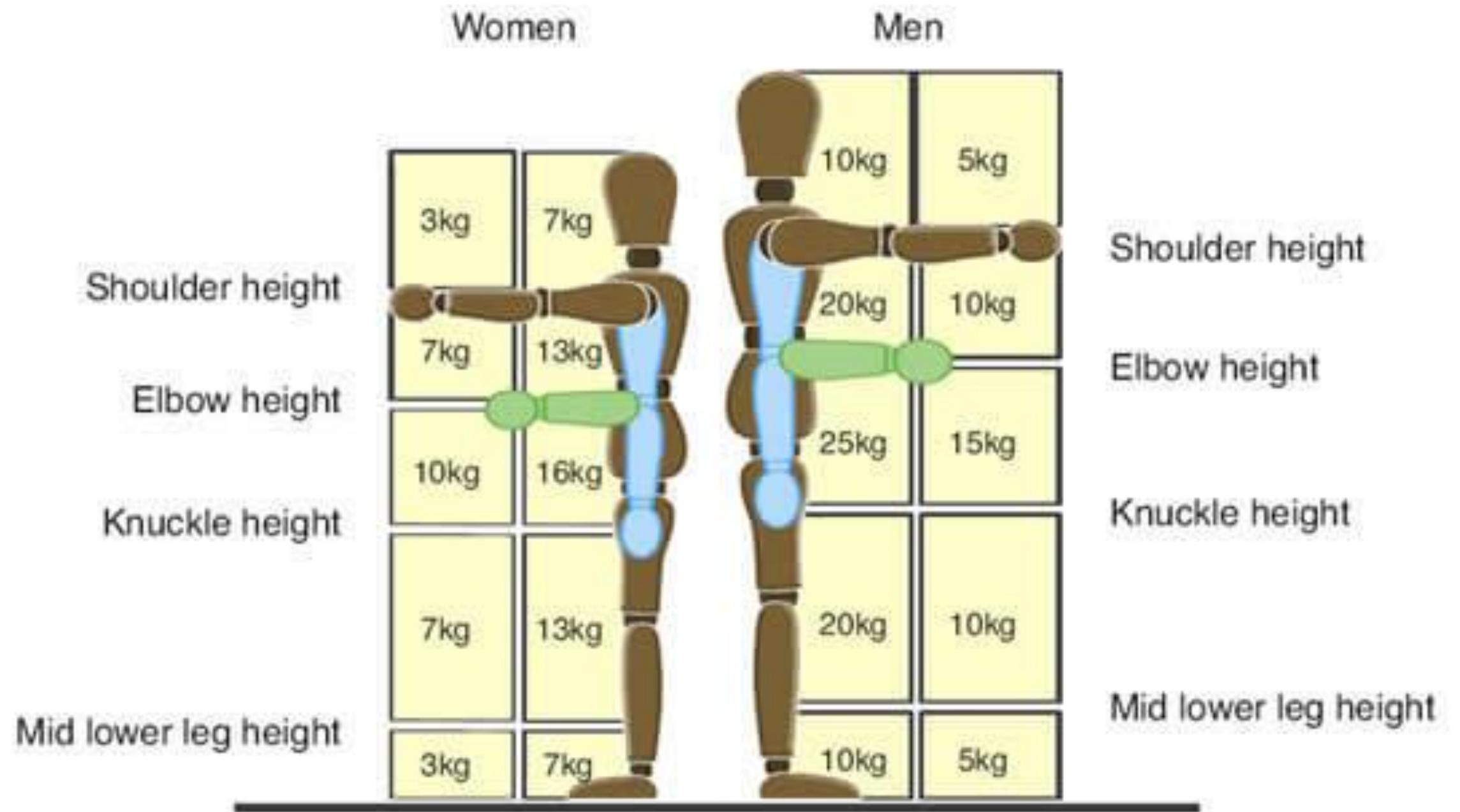
**Wear appropriate PPE:** Use personal protective equipment, such as gloves for grip or safety shoes for protection



# HOW CAN WE PREVENT MANUAL HANDLING INJURIES ?



WE LOOK OUT FOR EACH OTHER



# DO'S



- ✓ **Be Mindful: Pay full attention to the task in hand and look out for floor hazards**
- ✓ **Lift with your legs not your back**
- ✓ **Wear heavy duty gloves for heavy loads or if loads have sharp edges**
- ✓ **Call out unsafe manual handling practices**
- ✓ **Report manual handling injuries on Air3**



# DON'TS



- ✗ Be afraid to ask for help**
- ✗ Overreach to pick up a load**
- ✗ Twist or bend at the waist while carrying a load.**





# Knife Skills Video

[Back Safety - Push or Pull? - Back Safety Training Series Video](#)

**Lockhart Approved PPE Catalogue**

[new-ppe-guide-202526.pdf](#)

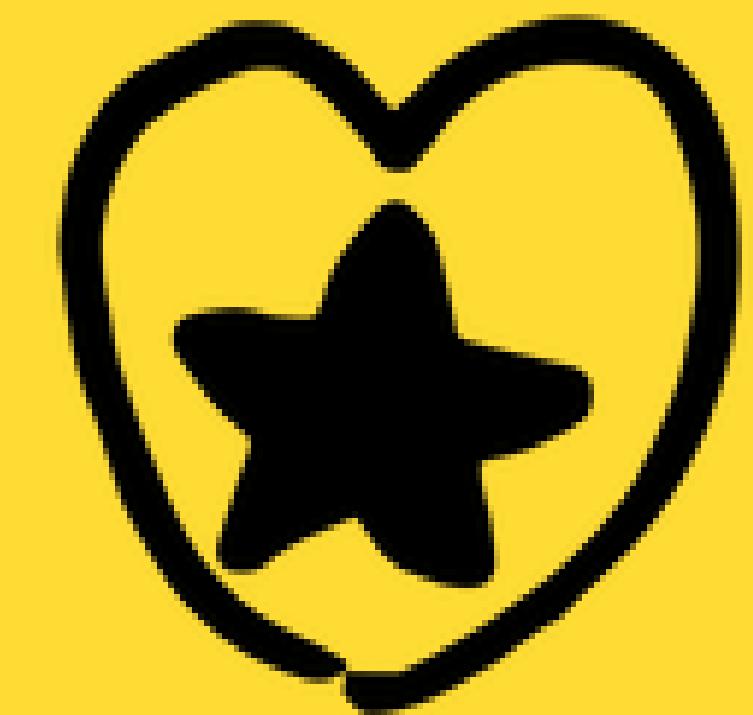




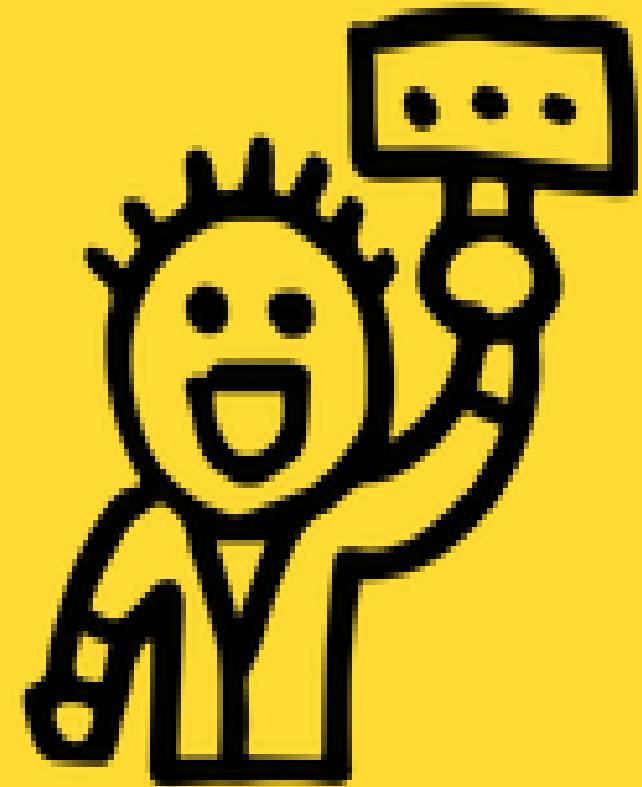
# CALL TO ACTION



**Be Mindful!**  
**Always concentrate on the task at hand**



**Ensure anti cut gloves are available in your unit**



**Ensure your teams have watched the knife safety videos on the e-learning platform.**



# RESTAURANT ASSOCIATES BITESIZE SAFETY - CALENDAR

This planner highlights the monthly topic, the date the webinar will be hosted and a calendar invite link for each month to add the session directly to your Outlook. All sessions will be recorded and made available online to watch back later.



JUNE	JULY	AUGUST	SEPTEMBER
DATE & TIME: 16 <sup>th</sup> June 2025 4:00pm  TOPIC: Foreign Bodies  SUITABLE FOR: All	DATE & TIME : 21st July 2025 4:00pm  TOPIC: Restaurant Associates Allergen Management  SUITABLE FOR: All	DATE & TIME : 18 <sup>th</sup> August 2025 4:00pm  TOPIC: Impactful Safety Walks  SUITABLE FOR: Managers, Head office employees, Head & Executive Chefs	DATE & TIME : 22nd September 2025 4:00pm  TOPIC: Hazard Spotting  SUITABLE FOR: All
OCTOBER	NOVEMBER	DECEMBER	JANUARY
DATE & TIME : 3 <sup>rd</sup> November 2025 4:00pm  TOPIC: Reducing cut injuries  SUITABLE FOR: All	DATE & TIME : 17 <sup>th</sup> November 2025 4:00pm  TOPIC: Effective Manual Handling Safety  SUITABLE FOR: All	DATE & TIME : 15 <sup>th</sup> December 2025 4:00pm  TOPIC: Chemical Safety  SUITABLE FOR: All	DATE & TIME : 19 <sup>th</sup> January 2026 4:00pm  TOPIC: Fire Safety  SUITABLE FOR: All



# THANK YOU

