



MANUAL HANDLING IN FOOD AND DRINK SECTOR

Version - Updated September 2020

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Introduction

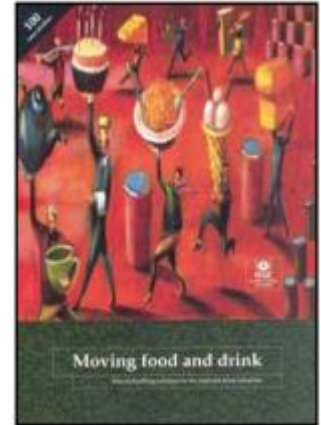
HSE has published revised guidance on manual handling solutions for the food and drink industries.

The second edition of the guidance, HSG196 Moving Food and Drink <https://www.hse.gov.uk/pubns/priced/hsg196.pdf> is aimed at employers and duty holders within the food and drink industry. It discusses manual handling risks and solutions.

Focusing on the risk of damage to employees' muscles and joints, the guide sets out simple and cost-effective ways of reducing both acute and chronic injuries. The solutions outlined in the guidance are successful answers to actual problems experienced by companies.

Specifically, the guidance covers:

- the main causes of injuries
- handling raw materials
- production
- packing into containers
- stacking and moving containers
- handling equipment
- off-site delivery



Click the photo to view the guidance

The introduction in the new edition has been revised but the case studies remain unchanged. The case studies cover raw materials handling, production, packing into containers, stacking/moving containers, handling equipment and off-site delivery.

The guide points out that in the food and drink industries:

- around one-third of reportable injuries are acute injuries caused by handling and lifting, and more than half of these injuries involve lifting heavy objects
- studies have shown that three-quarters of these injuries are preventable
- back injuries account for around one-third of cases of occupational ill health in food and drink manufacture
- workers carrying out lighter repetitive tasks, eg on production lines, can suffer from chronic (persistent) injuries such as work-related upper limb disorders, which account for almost a quarter of cases of occupational ill health
- for both acute and chronic injuries, the back, neck, shoulders and upper limbs are particularly at risk.





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