

Manual handling



THIS MONTH'S TALK FOCUSES ON MANUAL HANDLING, THE IMPACT OF MUSCULOSKELETAL INJURIES, TECHNIQUES AND TOOLS AVAILABLE TO REDUCE RISKS OF SPRAIN/STRAIN, AND HOW TO MOVE SAFER AT WORK.

Today, I want to address a topic that's crucial for our well-being: preventing manual handling injuries. As your leader, I'm committed to not only delivering high quality products but also ensuring that each and every one of you stays healthy and injury-free.

Every-day without even realising it you likely follow good ergonomic principles, and we need to acknowledge and encourage this more. Think about how your workstation is set up, do you have items you need within easy reach? Can you reduce the amount of walking between stations? Reducing bending, reaching, and repetitive walking in the kitchen will help reduce the potential for injury.

Improper storage of pots and pans not only makes our kitchen cluttered and inefficient but also increases the risk of strain and injury when retrieving them. When you're storing food in the dry/cold store make sure you don't place anything heavy or bulky above shoulder height. Make sure you only ever lift a weight that's within your capability and comfort level, at SkyCity we recommend any item greater than 15kg should be lifted using either mechanical aid or a team lift.

Let's not overlook the importance of aids such as trolleys and steps. They're not just convenient; they're essential in reducing the strain on our bodies and should be used where possible.

Our work is manual and intensive, make sure you are properly warming up and stretching your muscles before jumping into your day. A poster showing common stretching techniques can be found in our staff notice area.

Remember, preventing manual handling injuries isn't just about ticking boxes – it's about safeguarding our health and ensuring we can continue doing what we love. Let's work together to implement these practices and keep our kitchen a safe and supportive environment for everyone.

This month's food safety topic is thermometer calibration. When was the last time you properly calibrated your thermometer, are you confident of its reading? If you are not clear on the process or have any questions, make sure to refer to our thermometer policy.



DIRECTOR OF KITCHENS

This months checklist requires we ensure that:

Pots, pans and other cookware is stored appropriately

Workstations are designed with ergonomic principles in mind, e.g. items within easy reach

Trolleys or other lifting aids are available to move heavy/awkward items

No heavy or bulky food products stored above shoulder height in dry store / cool room

Staff know stretching and warm up techniques relevant to their roles

Thermometer calibration log completed appropriately

To complete the checklist on Donesafe scan the QR code

