



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 injury. One of the most common causes of injury or illness at SkyCity is 'Lifting, pushing, pulling or bending'. As your leader, I'm committed to not only delivering high quality experiences for our guests 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 our counters are set up, do you have items you need within easy reach? Are screens positioned appropriately? Reducing bending, reaching, and repetitive walking in our venue will help reduce the potential for injury.

Moving tables, chairs and other furniture around is often part of our every day. It's important when moving objects that you only lift what you are capable of lifting, when something is too heavy, or awkward it's important you call for another staff member to assist with a team lift. While there are no specific rules that govern what a person can lift it's important that you recognise your limitations and only lift within your capacity and comfort level, at SkyCity we recommend any item greater than 15kg should be lifted using mechanical aid or a team lift.

We have a range of mechanical aids / trolleys available to move equipment, or heavy loads, and they should be utilised whenever you need.

Being physically prepared for the day is just as important as being mentally prepared. Familiarising yourselves with and regularly practicing stretching and warm-up techniques relevant to your roles can significantly reduce the risk of injuries. A poster showing common stretching techniques can be found in our staff notice area.

Our storage areas can create manual handling risks if not managed appropriately. When storing items, it's important we keep heavy and awkward objects within easy reach, below shoulder height.

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 venue a safe and supportive environment for everyone.



**INTERIM GENERAL
MANAGER HOSPITALITY**

This months checklist requires we ensure that:

Glasses, cutlery and other supplies are stored appropriately

Workstations/counters are organised and accessible

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

Heavy or bulky products are stored appropriately

Staff know stretching and warm up techniques relevant to their roles

To complete the checklist on Donesafe scan the QR code

