

## Workplace Health and Safety Queensland

## Takeaway food retailing industry - Manual tasks

Manual handling (tasks) is any task that requires a person to use force, lift, lower, push, pull, carry or otherwise move or restrain an object.

### Possible solutions

- Get delivery drivers to unload their vehicles
- Use forklifts or pallet jacks to unload vehicles
- Buy smaller or lighter cartons of stock
- Provide shelves that allows easy access to most items and store heavier items between knee and shoulder height
- Arrange shelves so that items that are used most often are placed between knee and shoulder height. Place lighter items on the higher shelves
- Provide suitable trolleys to move objects around the workplace
- Reduce the size and weight of rubbish bins
- Place rubbish bins on trolleys so they can be wheeled easily to industrial bins and use mechanical bin lifters to transfer the rubbish into industrial bins
- Install self-cleaning units for deep fryers
- Install a gravity feed chute to feed oil waste directly into an external waste container
- Locate equipment and work benches according to work flow(eg have the fridge near the workbench). This may also reduce double handling and increase efficiency and worker productivity
- Use smaller size pots and pans to reduce the weight
- Make sure counters are not too wide that it cause workers to have to lean forward and stretch a lot
- Share repetitive tasks (eg peeling potatoes, washing up) among several workers
- Maintain trolley wheels so that they can be moved easily
- Train workers about manual handling. Cover topics such as company work practices and policies, use of mechanical lifting devices and preferred lifting techniques. The design and layout of the store should be taken into account.
- Provide, or recommend, that workers wear non-slip footwear with rubber soles
- Abdominal belts are not considered effective personal protective equipment (PPE) as they have not been shown to offer protection against the risk of back injury.

For more information on manual tasks and other workplace health and safety issues call 1300 369 915 or visit [www.worksafe.qld.gov.au](http://www.worksafe.qld.gov.au)

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