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Cleaning and disinfection should be carried out at least every two weeks, and must be thorough to prevent growth of moulds and slime which can contaminate ice.

- Always wash your hands before removing ice from the machine. Never handle it directly, always use a clean scoop. Glasses should not be used to scoop ice, as hands may touch the ice and there is a risk of contamination from glass fragments.



- Ice buckets should be in good repair and provided with a lid. They should be thoroughly cleaned after each use, preferably in a glass or dishwashing machine.
- Ice should be served using clean tongs or spoons. If these are stored in the ice bucket, take care to ensure that the handle does not touch the ice.
- Any ice remaining in the bucket should be thrown away. It should never be re-frozen.

For more detailed guidance email [foodwise@babergh.gov.uk](mailto:foodwise@babergh.gov.uk) for a copy of our free leaflet, *Safe Ice for Drinks*.

# Health and Safety in

In conjunction with our sister publication, WorkSafe, forthcoming editions of FoodWise will be focussing on health and safety issues of particular relevance to the catering industry. In this issue we are looking at **musculoskeletal disorders** and manual handling. This is one of the five priority hazard areas on which Babergh will be concentrating during health and safety inspections of businesses, as part of the **Revitalising Health and Safety** initiative.

Almost a fifth of reportable accidents to people working in the catering industry are caused by manual handling. People who suffer injury are usually involved in:

- lifting, pushing or pulling tables and chairs;
- setting up equipment and tables;
- moving stock to and from storage;
- filling and carrying bulk food containers and pots;
- handling casks and kegs;
- waste disposal; and
- food service.

Outside caterers may be at particular risk as they often have to carry items over long distances. The weight of loads may be quite low, but this is only one of the factors that affects the degree of risk. Most injuries are strains or sprains to the back. However a significant proportion involve arm strains or sprains caused by repetitive operations.

## The Law

The Management of Health and Safety at Work Regulations 1999 require you to assess which risks are significant – this will usually include manual handling. The Manual Handling Operations (1992) require you to avoid the need for any manual handling operations at work which involve a risk to health and safety – as far as reasonably practicable. If it is not reasonably practicable to avoid any manual handling operations, you must carry out a **manual handling risk assessment** to identify how the risk is caused, so each factor can be addressed and measures taken to control the risk.

## Risk assessment

Your risk assessment should cover these four areas:

- tasks;
- loads;
- working environment; and
- individual capability.

## Risk Factors

The following factors increase the risk of injury. You should consider whether any arise in manual handling work in your business.

### Tasks

Do they involve:

- awkward body movements, eg twisting, stretching, stooping, reaching?
- holding or manipulating loads at a distance from the trunk of the body?
- excessive lifting, lowering, carrying distances of loads?
- risk of sudden movement of loads?