

Overview

This standard covers the skills and knowledge needed to keep healthy and safe when moving and handling materials in the workplace. You need to follow the relevant health and safety and hygiene requirements and procedures for moving and handling materials. You need to use transport routes and equipment correctly.

This standard is for you if you work in food and drink operations and your job requires you to be involved in moving and handling materials.

Performance criteria

You must be able to:

1. use personal protective equipment in accordance with organisational requirements
2. follow your organisation's standards and instructions on health and safety and environmental safety
3. plan lifting to protect yourself and others in accordance with organisational requirements
4. use manual handling aids and seek assistance in accordance with organisational requirements
5. check handling equipment is fit for use and, if not, report in accordance with standard operating procedures
6. use handling equipment when trained/authorised in accordance with organisational requirements
7. return handling equipment after use in accordance with organisational requirements
8. use lifting and handling techniques in accordance with organisational requirements
9. use transport routes or plan routes to move materials in accordance with organisational requirements

Knowledge and understanding

You need to know and understand:

1. relevant health and safety standards when moving and handling materials and why it is important that these are followed
2. why it is important to wear appropriate personal protective equipment and what may happen if this is not done
3. manual handling techniques and what may happen if they are not used
4. safe lifting limits for yourself and any equipment that you use
5. how to carry out safety checks on lifting equipment and why it is important to do so
6. why it is important to check loads are suitable to be moved and the right handling equipment is used for the task
7. transport routes to take and why it is important to stick to them
8. hazards to yourself and others when moving and handling materials
9. what to do if you find that the materials or handling equipment are defective
10. rules and procedures for different work areas when moving and handling materials
11. limits of your own ability and training and why it is important to work within these limits
12. how to determine when assistance is required from others and the use of equipment
13. recording and communication needed, how to carry this out and reasons why it is important to do so
14. why it is important to report any accidents or near misses when lifting and handling

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Process Operatives, Process, Plant and Machine Operatives

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