

manual handling guide

Occupational Health & Safety (OH&S) is a concern in any workplace, and workers in the foodservice industry are prone to injury caused by lifting and carrying supplies. To address this important OH&S issue, Goodman Fielder is proud to bring you a range of quality products in an innovative, lightweight bag in box packaging. Our convenient 15L Bag in Box products are much lighter to lift and carry than traditional foodservice pack sizes, and are easier to store and use. Following are tips for the safest way to lift and carry bag in box products, so that everyone stays healthy and safe at work.

1 working above shoulder height

The lighter weight of the 15L Bag in Box product enables users to work and lift safely above shoulder height. Always keep load close to your body and your elbows in when working above shoulder height.



above shoulder



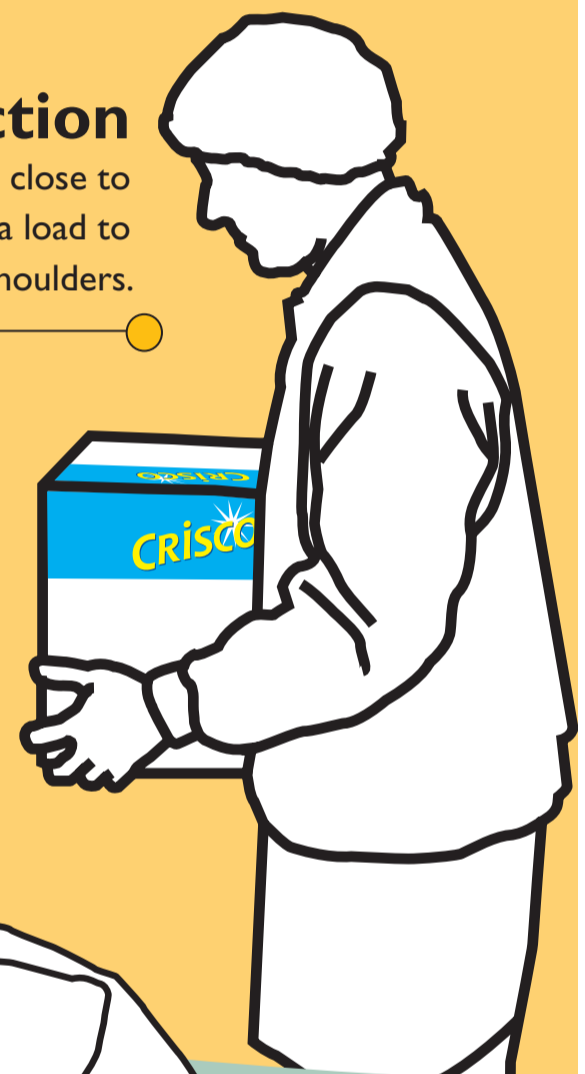
2 working at waist height (between shoulders and knees)

shoulder function

Keep elbows pointing down and in close to your body when carrying or moving a load to reduce the pressure on your shoulders.

twisting

Move your feet and step as you turn or change direction – this will take pressure off your back.



3 working below knee height

The lighter weight of the 15L Bag in Box product enables users to work and lift safely below knee level.

below knee

Keep weight on and push up through your heels, thus using your thighs and bottom to do all the work when lifting from below your knees. Keep load close to your body at all times.



15 Litre Bag in Box benefits

- ✓ OH&S friendly packaging size – lighter to carry
- ✓ Environmentally friendly packaging – easy to recycle, 100% recyclable cardboard packaging
- ✓ Less landfill – less cost to the environment
- ✓ Convenient storage capability – just pack and stack
- ✓ Taps allow for small dose dispensing
- ✓ Reusable taps
- ✓ Australian quality



Want further information? Contact our Advisory Line on 1800 025 066 or visit our website www.gffoodservice.com.au

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