

Food manufacture 'Better Backs' initiative 2008

Findings

Food & Drink Manufacture Health & Safety Forum



Food Backs 2008 - Survey Findings

	2008 survey	2006 comparison
1. Number of employees covered by survey	9956	22522
2. No. of cases of self-certificated or GP (med 3) certificates with a Back Pain diagnosis in the period 30 June 2005 to 30 June 2006 (2006 survey) or 1 October 2007 to 1 October 2008 (2008 survey)	226	1029
3. Number of days lost resulting from cases reported in question 2	3413	13874
4. Incidence rate per 1000 employees	22.69	45.70




Sector incidence rates

Trade Association	No. employees covered in survey	No. cases back injury	Days lost	2008 incidence rate per 1000	2006 incidence rate per 1000
1. Scotch Whisky Association	2347	9	76	3.83	8.73
2. Food & Drink Federation	1731	79	896	45.63	50.10
3. British Meat Processors Association	1027	78	1028	75.94	43.20
4. Dairy UK	4851	60	1413	12.36	51.01
5. Meat Wholesalers					31.34
TOTAL	9956	226	3413	22.69	45.70

Findings – Actions taken to manage Back Pain

4. Actions taken to manage Back Pain	1	2	3	4	5
• Pre-employment health screening	√	√	√	√	
• Annual medical assessments		√			
• Return to work interviews	√	√	√	√	
• Rehabilitation programmes	√		√	√	
• Training in correct lifting/ handling techniques	√	√	√	√	
• Manual handling/ ergonomic risk assessments carried out	√	√	√	√	
• Incident mapping			√	√	
• Register of high risk activities			√	√	
• Employee involvement in seeking solutions	√	√	√	√	
• Other (please provide details)	√		√	√	

1. SWA
2. FDF
3. BMPA
4. Dairy UK
5. Meat Wholesalers

-  Significant Development
-  Some Development
-  No Development

Findings - Prevention/ Reduction Measures taken

5 Prevention/ Reduction measures taken	1	2	3	4	5
• Automation – eliminated back pain incidents	√			√	
• Automation – reduced back pain incidents	√		√	√	
• Semi-automation - eliminated back pain incidents	√			√	
• Semi-automation - reduced back pain incidents	√		√	√	
• Provision of lifting aids to reduce risk levels	√	✓	√	√	
• Job rotation	√	✓		√	
• Reduction in raw material supply weights		✓		√	
• Reduction in weight of packaged goods supplied to customer			√		
• Change to workplace layout and organisation	√	✓	√	√	
• Employee involvement in seeking preventative/reduction measures	√	✓	√	√	
• Advice given by Occupational Health/ Ergonomist which eliminated/ reduced incidents	√	✓		√	

Case study: Success at Uniq

There was a significant reduction in instances & days lost through back pain at one site

Oct 06/07

16 people = 329 days lost

Oct 07/08

14 people = 137 days lost

- Investigation into cause of back pain & rehabilitation plans for speed of recovery, physiotherapy sessions.
- Reduction in weights of raw materials introduced into the workplace
- Automation of processes
- Significant changes to the workplace & plant
- All departments within the site working together

Learned:

Need to increase the manual handling training across the site to ensure the training is task specific instead of generic.

Introduced designated task specific training personnel within each department

Sector Findings

Brewing Sector

Managing Back Pain

Occupational Health Services

Pre-employment health screening

Job rotation

Return to work interviews

Rehabilitation

Training in correct lifting techniques

Manual Handling and ergonomic risk assessments carried out

Involvement of employees in seeking solutions

Preventing Back Pain

Automation

Liquid yeast plants

Automated cleaning systems CIP

Automated ingredient application systems

Semi-Automation

Floor rails for moving barrels

Aids

Pallet trucks and sack burrows

Fork lift truck to help with off-loading yeast

Aids to handle replacement parts

Fork lift truck attachments designed to eliminate handling

Scissor lifts for differing heights

Baking Sector

Managing Back Pain

Occupational Health Services

Pre-employment health screening

Return to work interviews

Rehabilitation

Incident and ill health mapping

Training in correct lifting techniques

Manual handling assessors

Manual Handling / ergonomic risk assessments carried out

Involvement of employees in seeking solutions

Preventing Back Pain

Automation

Use of liquid flour to avoid handling

Automated cleaning systems

Automated ingredient application systems

Aids

Trolleys to help make movement of baskets easier for manufacturing

Vacuum lifts

Roller bars to facilitate movement of goods on conveyor systems

False bottom height trolley, eliminates the need to bend below the knee and above shoulder working

Electric powered tug/ attachments for moving mixing bowls and dough dividers

Meat & Packing Sector

Managing Back Pain

Occupational Health Services

- Some sites do pre-employment health screening and annual medicals
- Return to work interviews
- Rehabilitation
- Some sites do incident and ill health mapping
- Job rotation

Training in correct lifting techniques

- Includes non-English speaking training
- Two man lifting procedures

Manual Handling and ergonomic risk assessments carried out using the MAC tool

- Trained** Manual handling assessors

Preventing Back Pain

Automation

Lowerators and lifting elevators	Robotic packing machines
Box erectors and palletisers	Rail systems to move product
Carni liberator system	Semi-auto de-boning system
Weighing machines will not print labels above 15Kg	

Aids

Adjustable height platforms	Reducing waste bin sizes
Lifting aids – hoists, lifts, bin lifters	Use of stands to avoid vertical lifting/ improved ergonomics
Use of electric pallet trucks	Use of reel lifters to avoid handling

Raw Materials

- Weight reduction agreed with suppliers
- Reducing weight of internal product movements to 15Kg

Workplace layout & Design

- Actively working to improve workplace layout to aid lifting
- Reducing weight of internal product movements to 15Kg

Dairy Sector

Managing Back Pain

Occupational Health Services

- Pre-employment health screening
- Some annual medicals
- Return to work interviews
- Rehabilitation
- Some sites do incident mapping
- Job rotation

Training in correct lifting techniques

- Manual handling refresher training.

Manual Handling and ergonomic risk assessments carried out using the MAC tool

- Trained assessors

Involvement of employees in seeking solutions

- Job rotation was identified as a means to reduce back injury

Preventing Back Pain

Automation

- Robotic automated packing into trays
- CIP systems for cleaning
- Automated product depositors
- Chemical dosing stations eliminate the need to lift containers to decant
- Automated stackers

Aids

- Vacuum lifting equipment for powder bags
- Loading tables to aid handling
- Lifting aids – fork lift trucks, sack trucks, electric pallet trucks
- Pro-lifter hand pallet trucks
- Lifting tables installed for handling 20kg cheese blocks
- Lifting to assist with the handling of packaging film

Raw Materials

- Weight reduction agreed with suppliers
- 25ltr drums of chemicals have been replaced for 1000ltr IBC which require forklift use on Barrel Lifters

Product Design

- Changes made to assist safe handling of machinery

Sandwich Sector

Managing Back Pain

Occupational Health Services

- Pre-employment health screening
- Some annual medicals
- Return to work interviews
- Rehabilitation
- Some sites do incident mapping
- Job rotation

Training in correct lifting techniques

Manual Handling and ergonomic risk assessments carried out using the MAC tool

- Trained assessors

Involvement of employees in seeking solutions

Site register of high risk activities

Preventing Back Pain

Automation

- Automated sandwich making line
- CIP systems for cleaning

Semi-Automation

- Pallecons used to provide ingredients to filler using pump to move product
- Low level depositors used in filling process
- Rotary mixers used
- Lifts aids used to move ingredients to cookers and to filler hoppers

Aids

- Stacks are placed on wheeled bases to aid easy movement

Raw Materials

- Weight reduction agreed with suppliers

Product Design

- Eliminated need to handle 25 kg plastic rolls by changing to cardboard/recyclable packaging

Salads Sector

Managing Back Pain

Occupational Health Services

Pre-employment health screening

Return to work interviews

Rehabilitation

Some sites do incident mapping

Job rotation

Training in correct lifting techniques

Manual Handling and ergonomic risk assessments carried out using the MAC tool

Trained assessors

Site register of high risk activities

Preventing Back Pain

Automation

Automated lettuce shredding/cutting process

Automated prepared material transfer

Automated mixing process

Robotic packing and palletisation lines

Semi-Automation

Lift aids to put raw ingredients into mixers

Aids

Electric pallet trucks and fork lift trucks

Fish Sector

Managing Back Pain

Occupational Health Services

Pre-employment health screening

Return to work interviews

Rehabilitation

Incident mapping

Training in correct lifting techniques

Manual Handling and ergonomic risk assessments carried out using the MAC tool

Trained assessors

Site register of high risk activities

Involvement of employees in seeking solutions

Preventing Back Pain

Automation

Typhoon system to remove waste product

Automated palletisation system

Aids

Mini skips used to transport waste

Trolley to move equipment and product

Raw Materials

Agree delivery specifications with supplier to ensure raw material are placed on pallets

Biscuits Sector

Managing Back Pain

Occupational Health Services

- Pre-employment health screening
- 3-yearly medicals
- Return to work interviews
- Rehabilitation
- Some sites do incident mapping
- Job rotation/ generous breaks

Training in correct lifting techniques

- Site register of high risk activities

Involvement of employees in seeking solutions

Preventing Back Pain

Automation

- Vibratory spirals to reduce dough transfer
- Blowing systems to transfer ingredients to mixers
- Auto case packer
- Auto palletisers

Semi-Automation

- Pallet lifters and pallet dispensers
- Strip feed loaders

Workplace Layout

- Considering to fit vacuum lifters in mixing area and at breakdown of automated systems

Specific occupational health suggestions

- **Map out locations where incidents occur to identify hot spots**
- **Have register of high hazard activities v. persons at risk**
 - to aid rehabilitation
 - to match people to safe tasks
 - to identify where job rotation is important
- **Job rotation**
 - use for 'at risk' persons
 - use MAC assessment tool to identify where beneficial
- **Rehabilitation**
 - avoid high risk activities
 - refer to incident mapping
- **Pre-employment screening/ Health surveillance**
 - refer incident mapping
 - refer to high hazard register
 - job matching

Specific preventative suggestions

- Focus on designing out risk by automation/ semi-automation
- Use lifting aids – including mechanical transport
- Work with suppliers:
 - Palletised deliveries
 - Weight of products
 - Design – easy to handle
- Workplace design/layout :
 - Ergonomic principles
 - Occupational Health/ Ergonomists
- Worker involvement in redesigning tasks/design
- Work with customers on packaging/reducing delivery weights