

RAPP Tool Assessment 1 - Pushing Food Tote
By Gareth Milner, Director of Osteopathic Solutions



Mainly used in wet based Food Factories (like Meat Processing sites and Bakeries), these Food Totes are also commonly called Trolleys or Carts or Bins.

They are used to transport raw food product across the factory floor by an operative pushing them, to a Tipper/ Lifter (as shown below).



In the photos below I am at Danish Crown discussing the manual handling issues with this load with the attendees of [Osteopathic Solutions CPD Certification Service Accredited Manual Handling Instructor Assessor Course.](#)



View the Case Study of this Course on www.osteopathicsolutions-manualhandling.co.uk/hse-risk-assessment-tools

Right let's crack on with this RAPP Tool Assessment.

In the Video Tutorial <https://vimeo.com/561848547> this RAPP Tool Assessment refers to 1 second to 14 seconds with the type of Foot Tote shown in the images above.

Factors	Colour Band & Numeric Score
A-1 Load Weight	2
A-2 Posture	6
A-3 Hand Grip	2
A-4 Work Pattern	0
A-5 Travel Distance	1
A-6 Condition of equipment	0
A-7 Floor surface	0
A-8 Obstacles along the route	2
A-9 Other factors	0
Total Score	13

A-1 Type of equipment/ Load weight (kg)

Medium, with three or more fixed wheels and/or castors (load approx 140 kg).

Medium A/2. 250 kg to 500 kg.

The load weight (filled with pastry or meat product) would likely be no more than 300 kg.

A-2 Posture

Poor R/6. Torso is severely bent.

Forward bend in the lower back (lumbar spine) and the mid back (thoracic spine) as the coupling is at a height below hip height; using body weight to push the food tote. There is also extension or backward bending of the neck (cervical spine). This will result in strain on the neck and lower back muscles, ligaments and discs; and shoulder muscles, ligaments and tendons.

A-3 Hand grip

Poor R/2. The hand contact is uncomfortable.

There is an argument that it could be G/0 or A/1 but for me I feel R/2 is more applicable even though there is a handle for both hands. With the forward bent posture, this forces the body weight and the weight of the food tote into the wrist, with the wrist in an extended position, increasing the likelihood of the commonly chronic musculoskeletal disorder Tennis Elbow.

A-4 Work pattern

Good G/0

There were 4 totes to push for each operative per hour.

A-5 Travel distance

Medium A/1. Between 10 m and 30 m

This longest distance pushed was between 2 factory halls, around 25 metres. Within the same factory hall, around 10 metres.

A-6 Condition of equipment

Good G/0. Equipment is in a good state of repair

The tote's wheels were working efficiently with no deviation of the tote when pushing.

A-7 Floor surface

Good G/0. Dry and clean, and Level, and Firm, and Good Condition

A-8 Obstacles along the route

A/2. One type of obstacle but no steps or steep ramps

When transferring the tote to the other food hall, this involved going **around bends**.

A-9 Other factors

Good G/0. No other factors present

Risk Reduction

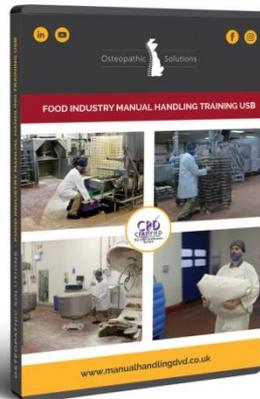
- Installation of a handle (like the trolley shown below) onto each Food Tote, in order to bring the coupling with the load to elbow height. Due to the Tote being lifted by the Tipper/ Lifter, this will likely have to be a handle that can be fitted onto the Tote easily when starting the push, and taken off when it

reaches the Tipper/ Lifter. The site Engineering department will have to engineer this or a supplier could be sourced to supply from new.



- Task Specific, on the factory floor, [Manual Handling Training](#)
- DVD/ Video and/ or Online Manual Handling Training Programme that feature Hazardous and BackSafe Pushing techniques and practices

The Video Tutorial used for this RAPP Tool Assessment that you can watch on <https://vimeo.com/561848547> is from Osteopathic Solutions Food Industry Manual Handling Training USB (shown below).



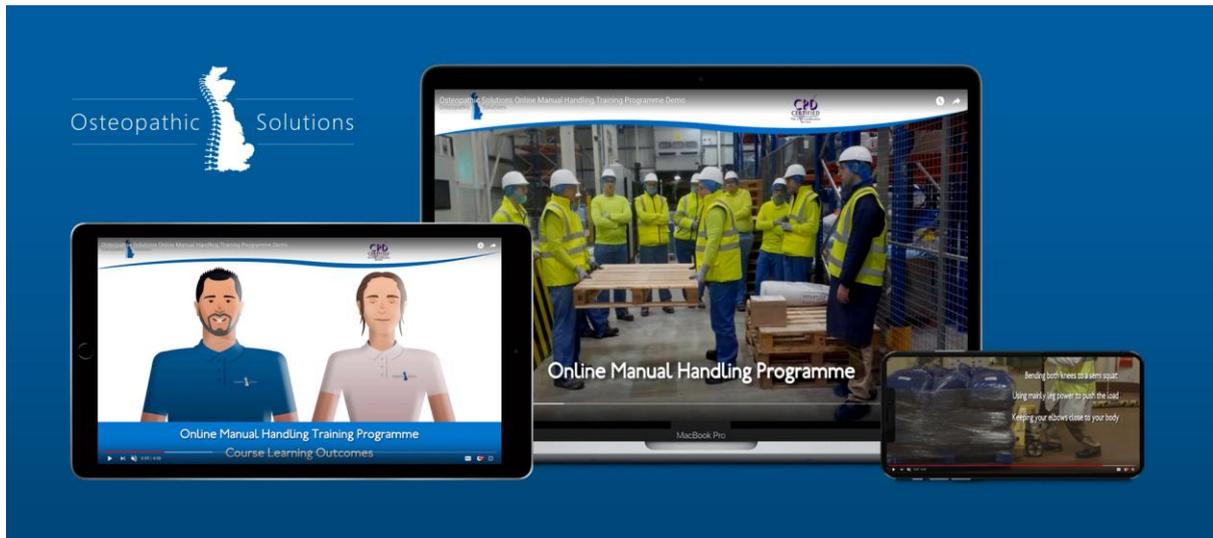
www.osteopathicsolutions-manualhandling.co.uk/food-industry-manual-handling-training-usb

The Video Tutorial is also contained within the Food Industry Manual Handling Training Video which is one of 4 Videos in Osteopathic Solutions Manual Handling Training DVD/ USB.



www.osteopathicsolutions-manualhandling.co.uk/manual-handling-training-dvd

Practical Pushing content is contained within Osteopathic Solutions Online Manual Handling Training Programme.



For all products check out www.osteopathicsolutions-manualhandling.co.uk/buy-online

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Manufacturing Industry Manual Handling Training		NEW

I hope you have found this RAPP Tool Assessment post useful.

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LinkedIn connect with me on this link <https://uk.linkedin.com/in/gareth-milner-osteopathic-solutions>

Thanks for reading.



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