

Safe Manual Handling

INTRODUCTION

LEGISLATION

More than a 100 European countries in the world have signed European and national laws on manual handling and lifting. These regulations are mostly in the workplace and for employers. The laws in most countries require employers to assess the risks and to take measures to reduce the number of accidents and injuries from these operations.



TYPES OF INJURY

The back is a series of bones with a thin supporting cartilage between them and ligaments which support the spine. There is a protection mechanism to warn you about potential harm to your back.

The types of injury that occur are:

1. Strains, back contusions and those that occur over time due to repeated movements.
2. Sprains, cuts and lacerations, fractures and other related bone injuries.

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify hazardous practices by looking at the **Task**, **Individual**, **Load** and the **Environment**. Then to decide what steps to be taken to reduce the risk of the existing conditions and to decide if further action is necessary.

The person carrying out the assessment should be:

1. Able to use the 'Four components of Health and Safety' in their **Organizational Skills**, **Task**, **Manual Handling Department**, **Department**, **Individual** and any circumstances or systems.
2. Able to use the processes being carried out.
3. Competent to carry out the task.



The assessment should be written down and the recommendations used upon future assessment procedures.



TASK

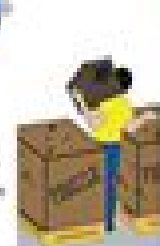
The whole task should be looked at from the beginning to the end. Some of these aspects need to be considered:

- Is it a one-off task?
- How long will it take to complete the task?
- How often will it be repeated?
- How often will it be repeated?
- How often will it be repeated?
- How often will it be repeated?
- How often will it be repeated?
- How often will it be repeated?



INDIVIDUAL

- Is the person fit and healthy to carry out the task?
- Does the person have any medical conditions?
- Does the person have any previous injuries?
- Does the person have any previous injuries?
- Does the person have any previous injuries?
- Does the person have any previous injuries?
- Does the person have any previous injuries?
- Does the person have any previous injuries?



LOAD

- Is the load too heavy?
- Is the load too bulky?
- Is the load too awkward?
- Is the load too awkward?
- Is the load too awkward?
- Is the load too awkward?
- Is the load too awkward?
- Is the load too awkward?



ENVIRONMENT

- Is there enough space?
- Is the floor clean and free of obstacles?
- Is the floor clean and free of obstacles?
- Is the floor clean and free of obstacles?
- Is the floor clean and free of obstacles?
- Is the floor clean and free of obstacles?
- Is the floor clean and free of obstacles?
- Is the floor clean and free of obstacles?

EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

1. Assess the risks of any work with an existing handling operation occurring in the workplace.
2. Plan a safe system of work.
3. Assess the risks of any new handling work to be carried out.
4. Assess the risks of any new handling work to be carried out.
5. Assess the risks of any new handling work to be carried out.
6. Assess the risks of any new handling work to be carried out.
7. Assess the risks of any new handling work to be carried out.
8. Assess the risks of any new handling work to be carried out.

EMPLOYEES DUTIES

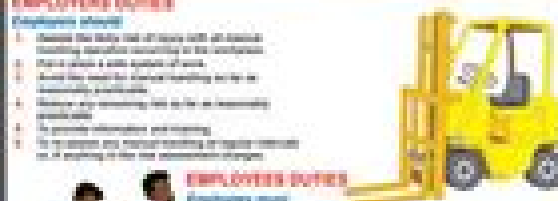
Employees should:

1. Follow the system of work.
2. Follow the system of work.
3. Follow the system of work.
4. Follow the system of work.
5. Follow the system of work.
6. Follow the system of work.
7. Follow the system of work.
8. Follow the system of work.

PREVENTING BACK PAIN

Do not do the previous above these are actions that you can do to help prevent back pain.

- 1. Do not lift or carry anything that is too heavy for you.
- 2. Do not lift or carry anything that is too heavy for you.
- 3. Do not lift or carry anything that is too heavy for you.
- 4. Do not lift or carry anything that is too heavy for you.
- 5. Do not lift or carry anything that is too heavy for you.
- 6. Do not lift or carry anything that is too heavy for you.
- 7. Do not lift or carry anything that is too heavy for you.
- 8. Do not lift or carry anything that is too heavy for you.



HANDLING TECHNIQUES

Think - PLAN

- 1. Where am I going?
- 2. What do I want?
- 3. What do I want?
- 4. What do I want?
- 5. What do I want?
- 6. What do I want?
- 7. What do I want?
- 8. What do I want?



Think - FEEL

- 1. Is it moving outside balance for the back?
- 2. Is it moving outside balance for the back?
- 3. Is it moving outside balance for the back?
- 4. Is it moving outside balance for the back?
- 5. Is it moving outside balance for the back?
- 6. Is it moving outside balance for the back?
- 7. Is it moving outside balance for the back?
- 8. Is it moving outside balance for the back?



Think - FEEL

- 1. Keep the spine in its normal alignment.
- 2. Keep the spine in its normal alignment.
- 3. Keep the spine in its normal alignment.
- 4. Keep the spine in its normal alignment.
- 5. Keep the spine in its normal alignment.
- 6. Keep the spine in its normal alignment.
- 7. Keep the spine in its normal alignment.
- 8. Keep the spine in its normal alignment.

Think - DO

- 1. Do not lift or carry anything that is too heavy for you.
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- 8. Do not lift or carry anything that is too heavy for you.



Think - DO

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- 7. Do not lift or carry anything that is too heavy for you.
- 8. Do not lift or carry anything that is too heavy for you.



General Manual Handling Policy

M Woodhall



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Manual Handling in Health and Social Care Michael Mandelstam, 2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety

The Royal Marsden Manual of Clinical Nursing Procedures Lisa Dougherty, Sara Lister, Alex West-Oram, 2015-03-17 The Royal Marsden Manual of Clinical Nursing Procedures has been the number one choice for nurses since it first published over 30 years ago One of the world's most popular books on clinical skills and procedures it provides detailed procedure guidelines based on the latest research findings and expert clinical advice enabling nurses and students to deliver clinically effective patient focused care The ninth edition of this essential definitive guide written especially for pre registration nursing students now includes a range of new learning features throughout each chapter that have been designed to support student nurses to support learning in clinical practice Providing essential information on over 200 procedures this manual contains all the skills and changes in practice that reflect modern acute nursing care

Ordnance Corps Manual ORDM 3-2: General Supplies, Policies and Procedures United States. Ordnance Corps (Army), 1960

Back Pain Matters in Primary Care Ruth Chambers, 2001 Uses an evidence based approach focusing on best practice in the prevention and management of back pain

District Nursing Manual of Clinical Procedures Liz O'Brien, 2012-05-07 This manual the first of its kind focused on district nursing provides the means to build competence and confidence in nurses new to the community or developing their skills The comprehensive and evidence based content provides essential information for competence in key areas of district nursing From the Foreword by Rosemary Cook CBE Hon D Lett MSc PG Dip RGN Director The Queen's Nursing Institute Clinical skills are a fundamental aspect of district nursing care The District Nursing Manual of Clinical Procedures is a practical evidence based manual of clinical skills which reflects the unique challenges of district nursing care within the patient's home It provides a comprehensive resource for all district nurses community nurses students and healthcare professionals involved in the district nursing team enabling them to practice competently and confidently and deliver clinically effective person centred care The District Nursing Manual of Clinical Procedures addresses the complexity of district nursing care and encompasses key aspects of clinical practice including decision making in areas that district and community nurses often struggle with or find difficult when they are on their own in a patient's home It utilises the latest clinical research and expert clinical knowledge to address these challenges and to provide the underlying theory and evidence for district nursing care Key features Evidence based manual of practical clinical skills in district nursing care Clear user friendly and easy to understand Contains recommendations for expert care within a patient's own home Addresses key concerns of district and community nurses working on their own within a patient's home Encompasses key aspects of district nursing care Placed in the context of person centred care All procedures include the rationale for each action why as well as how This title is also available as a

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General Manual Handling Policy Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**General Manual Handling Policy**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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