

# Safe Manual Handling

## INTRODUCTION

### DEFINITION

Any task or job requires workers to lift and move loads or materials. Improper lifting and moving techniques can cause musculoskeletal injury. Workers should be trained in safe manual handling techniques and encouraged to use proper techniques at all times.



### TYPES OF INJURY

Spinal and musculoskeletal injuries can be prevented by using proper lifting and moving techniques. These injuries can cause pain, disability, and even death.

- Back pain, neck pain, shoulder pain, and wrist pain are common musculoskeletal injuries.
- Spinal cord injuries, herniated discs, and other serious conditions can result from improper lifting and moving techniques.

Anywhere in the musculoskeletal system can be injured.



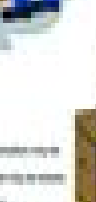
## RISK ASSESSMENT

### THE PURPOSE OF THE RISK ASSESSMENT IS TO:

1. Identify hazards and assess the risk of injury.
2. Determine the likelihood of injury occurring.
3. Determine the severity of injury.

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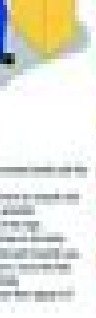
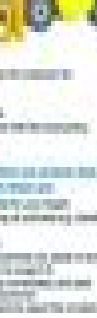
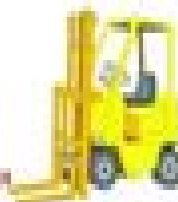
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## EMPLOYERS & EMPLOYEES

### EMPLOYER'S DUTY

1. Provide training and information to employees.
2. Provide proper equipment and tools.
3. Encourage employees to use proper techniques.
4. Monitor employees for signs of injury.
5. Investigate and report any injuries.
6. Provide a safe and healthy work environment.
7. Provide a safe and healthy work environment.
8. Provide a safe and healthy work environment.



# Hse Manual Workshop

**SJ Ball**



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