

Safe Manual Handling

INTRODUCTION

Help reduce the risk of musculoskeletal disorders.

Musculoskeletal disorders are caused by repetitive movements, awkward postures, vibration, force, and prolonged static loading. They can affect the muscles, tendons, ligaments, nerves, and bones. They can also affect the spine and the whole body.



TYPE INJURY

The most common type of injury is to the spine. This is because the spine is the central support for the body. It is a complex structure that can be easily injured.

Types of injury that can occur:

- 1. Strain: A sudden movement or force that causes the muscles or ligaments to be stretched or torn.
- 2. Sprain: A sudden movement or force that causes the ligaments to be stretched or torn.
- 3. Disc herniation: A sudden movement or force that causes the intervertebral discs to be pushed out of place.

Anywhere in the body.

The whole skeletal system can be injured.

RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify the hazards associated with the task.
2. Assess the risk of injury from the hazards.
3. Identify the measures that can be taken to reduce the risk.

The person carrying out the assessment should be:

1. Trained in the assessment of health and safety risks.
2. Aware of the hazards associated with the task.
3. Aware of the measures that can be taken to reduce the risk.

Completed in writing and kept.



Task:

- 1. What is the task?
- 2. What are the hazards?
- 3. What are the risks?
- 4. What measures can be taken to reduce the risk?

LOAD

- 1. Is it a heavy load?
- 2. Is it bulky?
- 3. Is it awkwardly shaped?
- 4. Is it difficult to grasp?
- 5. Is it slippery?
- 6. Is it hot or cold?
- 7. Is it sharp?
- 8. Is it fragile?

Environment?

- 1. Is there enough space?
- 2. Is the floor clean and dry?
- 3. Is the lighting good?
- 4. Is the temperature comfortable?
- 5. Is there any noise?
- 6. Is there any vibration?

INDIVIDUAL

- 1. Are they fit to do the task?
- 2. Does it require a capability?
- 3. Does personal protective equipment need to be worn?
- 4. Is the load a problem for people of a certain age?



EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

1. Assess the likely risk of injury from the handling operation.
2. Put in place a safe system of work.
3. Provide training for employees.
4. Provide information for employees.

EMPLOYEES DUTIES

Employees should:

1. Follow the instructions of the employer.
2. Use the equipment provided in the workplace.
3. Report any injury or illness.
4. Report any equipment that is faulty.
5. Report any unsafe conditions.

PREVENTING BACK PAIN

As well as the measures above, there are other things that you can do to help prevent back pain.

1. Keep your weight under control.
2. Exercise regularly.
3. Eat a healthy diet.
4. Stop smoking.
5. Get enough sleep.
6. Use a good mattress.
7. Use a good chair.
8. Use a good desk.
9. Use a good keyboard.
10. Use a good mouse.

HANDLING TECHNIQUES

Think - PLAN

- 1. Where am I going?
- 2. What am I lifting?
- 3. What are the options?
- 4. Are there any aids available?
- 5. Do I need help?
- 6. Do I need to remove any obstacles?



Think - LIFT

- 1. Breathe in.
- 2. Lift the box.
- 3. Breathe out.



Think - MOVE

- 1. Move the box.
- 2. Move the box.
- 3. Move the box.



Think - PUT

- 1. Put the box down.
- 2. Put the box down.
- 3. Put the box down.



Manual Handling Code Of Practice For Nurses

Hussin A.Rothana



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