

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 neck, shoulders, arms, wrists, hands, back, and legs.



TYPE INJURY

The most common type of injury is to the back. This is because the back is the most vulnerable part of the body.

Types of injury that can occur:

- 1. Strain, such as sprains and strains, can occur when the back is overused or when it is lifted incorrectly.
- 2. Sprain, such as sprains, can occur when the back is overused or when it is lifted incorrectly.
- 3. Dislocation, such as dislocations, can occur when the back is overused or when it is lifted incorrectly.

Anywhere in the body.

The whole skeletal system can be injured.

RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify hazardous activities for lifting, moving, pushing, pulling, carrying, holding, or restraining.
2. Assess the likelihood of an injury occurring.
3. Assess the severity of an injury occurring.
4. Assess the control measures that can be put in place to reduce the risk of an injury occurring.

The person carrying out the assessment should be:

1. Trained in the assessment of health and safety risks.
2. Experienced in the assessment of health and safety risks.
3. Experienced in the assessment of health and safety risks.
4. Experienced in the assessment of health and safety risks.

Completed in writing and kept.



Check:

- 1. Are you lifting the box in a safe way?
- 2. Are you lifting the box in a safe way?
- 3. Are you lifting the box in a safe way?
- 4. Are you lifting the box in a safe way?
- 5. Are you lifting the box in a safe way?
- 6. Are you lifting the box in a safe way?
- 7. Are you lifting the box in a safe way?
- 8. Are you lifting the box in a safe way?

LOAD

- 1. Is the load too heavy?
- 2. Is the load too bulky?
- 3. Is the load too awkward?
- 4. Is the load too awkward?
- 5. Is the load too awkward?
- 6. Is the load too awkward?
- 7. Is the load too awkward?
- 8. Is the load too awkward?



INDIVIDUAL

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



EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

1. Assess the likely risk of injury from manual handling operations.
2. Put in place a safe system of work to reduce the risk of injury.
3. Put in place a safe system of work to reduce the risk of injury.
4. Put in place a safe system of work to reduce the risk of injury.

EMPLOYEES DUTIES

Employees should:

1. Follow the instructions of the employer.
2. Use the equipment provided in the workplace.
3. Report any injury to the employer.
4. Report any injury to the employer.
5. Report any injury to the employer.
6. Report any injury to the employer.
7. Report any injury to the employer.
8. Report any injury to the employer.

PREVENTING BACK PAIN

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

1. Keep your weight under control.
2. Keep your weight under control.
3. Keep your weight under control.
4. Keep your weight under control.
5. Keep your weight under control.
6. Keep your weight under control.
7. Keep your weight under control.
8. Keep your weight under control.

MANUAL 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 - MOVE

Move the load in the correct direction. Move the load in the correct direction. Move the load in the correct direction. Move the load in the correct direction. Move the load in the correct direction. Move the load in the correct direction. Move the load in the correct direction. Move the load in the correct direction.



Manual Handling Code Of Practice For Nurses

AN Whitehead



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