

# Safe Manual Handling

## Overview

Over a third of accidents arise from manual handling activities and lift/lifts. LIFT affects the back.

### For manual handling, employers must consider the

These regulations are intended to reduce the risk of injury to employees when carrying out manual handling, which is defined as physical activity that involves lifting, lowering, pulling or pushing.



### Typical manual handling injuries include:

- Damage to ligaments and tendons
- Strain or sprain
- Bruised skin
- Fracture

### The human body

The back is composed of a series of short, rounded bones separated by cushioning discs. Tendons and muscles support the spine, and your requirement is to ensure that the tension is not too high.

## Risk Assessment

This is the process of identifying any hazards and assessing how they arise. It then allows a range of control measures to be devised and applied, which will manage the risks to an acceptable level. Such a assessment will be carried out by a competent individual familiar with the legal requirements and the tasks undertaken. What follows are 4 key considerations, assessments should be written down.

### The assessment should consider risks to the '3D' format

#### Task

- Is the manual work essential?
- Can existing or existing equipment be used?
- Can mechanical aids be used to reduce the risk of lifting/lifting?
- Will there be any problems with the need for multiple 'away from the body'?

#### Individual

- Does the worker have any health issues?
- Are younger workers included in lifting?
- Do the techniques involve twisting?

#### Load

- Is it being pushed or pulled or both?
- What is the weight?
- Is the load unstable?

#### Environment

- Are there issues with temperature, height or load?
- Are there regulations in the field?
- Is there enough light?
- Are there any problems with surface conditions?



## Employer & Employee Duties

### Employers

- Must assess the level of risk faced by their employees
- Must implement a safe system of work based on the assessment
- Must assess manual handling where reasonably practicable in consultation with the employees
- Must inform any limited lift on for as possible
- Must provide relevant information and training
- Must assess assessments and work systems

### Employees

- Must adhere to the safe system of work
- Must use the equipment and systems provided
- Must undertake training provided by the employer
- Must report any problems to they with the company premises

### Prevention of injury

- In order to reduce the risk of injury you should:
  - Only lift weights within your ability and in line with the guidelines given on training
  - Maintain good posture at all times
  - Always be warm-up before exercising back
  - If you feel pain, stop work immediately and seek medical aid
  - Reporting any incident which gives rise to pain



## Good Handling Technique

### Planning

- Can I handle the load?
- Am any lifting with assistance?
- Do I need help?
- What obstacles are in my way?
- Do I have any personal problems that prevent me from working safely?

### Position

- Keep feet apart with one foot leading the other
- Keep the spine straight and shoulders level
- Bend from the knees - do not bend over the waist

### Box

- Ensure a secure grip on the external surfaces
- Use your fingers
- Use any handles provided

### Posture

- Keep the feet spread
- Use your 'toes' - all progressively
- Use the legs to lift, not the back
- Keep the load high against the body with any heavy or awkward loads
- Don't turn the load by twisting
- If necessary, let the feet do it to adjust your grip



# Hse Manual Handling Guidance

**S Baum**



## **Hse Manual Handling Guidance:**

**The Manager's Guide to Health and Safety at Work** Jeremy Stranks,2006 This new edition is essential reading for all managers responsible for the welfare of their staff As well as advising on the complicated legal obligations it also explains how to ensure an appropriate level of control over health risks

**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

**Easy Guide to Health and Safety** Phil Hughes,Phillip W. Hughes,Liz Hughes,2008 Do you need to get to grips with health and safety principles but don't have time to wade through reams of legislation and guidance Do you need practical step by step guidance on health and safety issues for your small business Then this is the book for you The jargon free Easy Guide to Health and Safety introduces the health and safety issues which the self employed and managers directors and staff with health and safety responsibilities in small businesses face every day Words and legislation are kept to a minimum and the text is supported by numerous relevant illustrations The book is packed with practical guidance and solutions as well as handy checklists and forms for your basic health and safety needs especially useful when setting up a new business The book is also suitable for students on IOSH Working Safely and NVQ level 1 and 2 courses from City Guilds and other NVQ awarding bodies Phil Hughes is a well known UK safety professional with over thirty years world wide experience He was Chairman of NEBOSH from 1995 2001 and President of IOSH in 1990 91 Phil received the RoSPA Distinguished service award in May 2001 and became a Director and Trustee of RoSPA in 2003 He received an MBE in the New Year Honours List 2005 for services to Health and Safety Liz Hughes taught psychology in further and higher education She went on to qualify as a social worker specializing in mental health and later moved into the voluntary sector where she managed development for a number of years Liz has achieved NVQ training modules D32 33 and 34 and has tutored students completing NVQ awards Her psychology and education background means that she is skilled in preparing readable easily accessible information

**A Quick Guide to Health and Safety** R Gilbert,2008-05-20 Health and safety issues now impose upon almost every part of business life The system of enforcement is managed and implemented in the UK by The Health and Safety Executive HSE but at times it can be difficult to know exactly which bits of this elaborate spider's web should be applied in a given instance and which are most important This Quick Guide puts the subject into context providing a rational overview and a valid starting point to applying health and safety in the workplace and offers a concise and readily accessible interpretation of what health and safety legislation means in practice Puts health and safety in to context Provides a rational overview and starting point to applying health and safety in the workplace Offers a concise interpretation of health and safety legislation in practice

**Introduction to International Health and Safety at Work** Phil Hughes,Ed Ferrett,2010-08-24 This NEBOSH endorsed textbook will introduce you to the fundamentals of health and safety in the workplace whether

studying for a course or in need of more information on the subject as part of your job Introduction to Health and Safety at Work is the definitive handbook to the National General Certificate in Occupational Health and Safety from NEBOSH with each element of the syllabus explained in detail and all relevant legislation summarized for quick reference To make studying easier each chapter starts with learning outcomes and ends with questions taken from recent NEBOSH examinations and a chapter of sample answers can be found at the end of the book This book is also of great value to those studying for other health and safety courses or as a handy reference for managers and directors dealing with day to day health and safety issues It covers all the essential elements of health and safety management the legal framework risk assessment and control standards and includes checklists report forms and record sheets In addition useful topics outside the syllabus have been included as well as a new chapter to cover other aspects of health and safety and related areas that many readers will find helpful on completion of their course including environmental considerations and international issues

**Health and Safety in Brief** John Ridley, 2008-05-09 In plain English John Ridley guides the reader through Health and Safety legislation and explains how to comply with it in practical terms The text is clearly laid out distinguishing between bulleted summaries of legislative requirements and the author's advice and commentary By condensing the fundamental contents of the author's acclaimed Safety at Work into a practical and affordable volume Health and Safety in Brief has established itself as a valuable handbook for safety representatives and managers as well as an essential revision aid for students on introductory health safety and general management courses such as NEBOSH National Certificate and Diploma in Occupational Safety and Health IOSH Managing Safely CIEH Advanced Certificate in Health Safety in the Workplace British Safety Council Level 3 Certificate in Occupational Safety and Health NVQs in Occupational Safety and Health Chartered Management Institute's Level 5 Diploma in Management New in this edition Completely revised coverage of fire safety in line with Regulatory Reform Fire Safety Order Construction safety incorporates new Construction Design and Management Regulations 2007 and new Working at Heights Regulations Coverage of changes in employment law including age discrimination and working time More on the effects of the Woolf Report

**Manual Handling in Health and Social Care, Second Edition** Michael Mandelstam, 2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases

**Legal Aspects of Occupational Therapy** Bridgit C. Dimond, 2011-08-02 Since publication of the original edition in 1996 this book has established itself as an essential text for occupational therapists It offers an understanding of the law relating to their practice but is written to be accessible for those who have no prior legal knowledge The text provides valuable information for occupational therapists employed in health and social services as well as the law relevant to private practitioners The book includes chapters on all the main client groups and presents the relevant specialist law Students and

teachers of occupational therapy will find the chapters on professional registration education training and research of particular interest The third edition has been substantially revised to cover significant changes in legislation since the previous version There is also a brand new chapter on the subject of death and dying Legal Aspects of Occupational Therapy remains a key resource for the occupational therapy student practitioner and service manager

**Introduction to Health and Safety at Work** Phil Hughes, Ed Ferrett, 2009-07-24 Introduction to Health and Safety at Work has been developed for the NEBOSH National General Certificate in Occupational Safety and Health Each element of the syllabus has a dedicated chapter and both taught units are covered in this book A chapter on international aspects also makes this book suitable for the NEBOSH International General Certificate in Occupational Safety and Health Previous editions of this book have been used for other NVQ level 3 and 4 courses in health and safety Full colour pages and hundreds of illustrations bring health and safety to life To make studying easier each chapter starts with learning outcome summaries and ends with questions taken from recent NEBOSH examinations Specimen answers and a study skills chapter aid exam preparation As an introduction to all areas of occupational safety and health the book acts as a practical reference for managers and directors with health and safety responsibilities and safety representatives It covers the essential elements of health and safety management the legal framework risk assessment and control standards and includes handy forms and checklists New in this edition Updated throughout in line with changes in the regulations Learning outcomes now included at the beginning of each chapter Companion website with downloadable health and safety forms Endorsed by NEBOSH Student friendly presentation in full colour packed with illustrations and photographs Revision questions and sample answers taken from recent NEBOSH examinations to test your knowledge Includes a summary of the main legal requirements ideal for both students and managers A free companion website is also available at [www.elsevierdirect.com/companions/9781856176682](http://www.elsevierdirect.com/companions/9781856176682) and features Editable health and safety forms Selected appendices sections in electronic format Phil Hughes MBE MSc CFIOSH is a former Chairman of NEBOSH 1995 2001 former President of IOSH 1990 1991 and runs his own consultancy He received an MBE for services to health safety and as a director of RoSPA in the New Years Honours List 2005 Ed Ferrett PhD BSc Hons Eng CEng MIMechE MIET CMIOSH is a former Vice Chairman of NEBOSH 1999 2008 and a lecturer on NEBOSH courses at Cornwall Business School of Cornwall College He is a Chartered Engineer and a health and safety consultant

**Clay's Handbook of Environmental Health** Stephen Battersby, 2016-07-01 Clay's Handbook of Environmental Health since its first publication in 1933 has provided a definitive guide for the environmental health practitioner or reference for the consultant or student This 21th edition continues as a first point of reference reviewing the core principles techniques and competencies and then outlining the specialist subjects It has been refocused on the current curriculum of the UK's Chartered Institute of Environmental Health but should also readily suit the generalist or specialist working outside the UK

International Health and Safety at Work Phil Hughes MBE, Phil Hughes, Ed Ferrett, 2015-09-16 International Health and

Safety at Work has been specially written in simple English for the thousands of students who complete the NEBOSH International General Certificate in Health and Safety each year Fully revised in alignment with the April 2015 syllabus this third edition provides students with all they need to tackle the course with confidence Clear easily accessible information is presented in full colour with discussion of essential principles such as ILO and OSH conventions as well as legal frameworks from a range of countries Aligned to the NEBOSH International General Certificate in Occupational Health and Safety Practice questions and answers to test knowledge and increase understanding Complete with a companion website containing extra resources for tutors and students at [www.routledge.com/cw/hughes](http://www.routledge.com/cw/hughes) The only textbook endorsed for the NEBOSH International General Certificate in Health and Safety International Health and Safety at Work remains the most effective tool for those working to fit international health and safety standards to local needs and practice *Managing Health and Safety at Work* Institute of Leadership & Management,2013-06-17 Super series are a set of workbooks to accompany the flexible learning programme specifically designed and developed by the Institute of Leadership Management ILM to support their Level 3 Certificate in First Line Management The learning content is also closely aligned to the Level 3 S NVQ in Management The series consists of 35 workbooks Each book will map on to a course unit 35 books units

**Managing a Quality Service** Linda Nazarko,2004 This handbook covers the knowledge and understanding required to deliver a quality service to the service user It includes chapters on enabling and developing staff partners in care managing expectations and planning for the future **Production Safety for Film, Television and Video** Robin Small,2000-07-03 Covering all aspects of production safety this is an invaluable reference guide for the independent programme maker freelancer manager producer tutor and student filmmaker Robin Small identifies all the major risks and gives advice on how to control and or eliminate them Each hazard section includes useful references to the relevant legislation documents and licences as well as addresses of organisations for essential advice and recommended further reading An appendix lists samples of vital certificates with visual references provided on [www.focalpress.com](http://www.focalpress.com) Important information about hazard identification risk assessment and safety policy is provided in the chapters covering legislation health and safety management personal protective equipment and insurance Particular hazards are then split into individual sections for ease of reference These hazards include Asbestos Cranes Explosives and pyrotechnics Food and catering Manual handling and lifting Visual display screens Working at heights The appendices provide comprehensive contact information for UK and European Health and Safety sources They also include sample forms to draw up your own safety system Robin Small is Senior Lecturer in Television Media Department at the University of Huddersfield **Traffic Signs Manual** Great Britain: Department for Transport,2006-06-30 Part 1 Design is also available ISBN 0115527389 *Health and Safety in Early Years and Childcare* Bernadina Laverty,Catherine Reay,2014-03-24 A practical guide to health and safety in early years settings with a step by step guide to the law compliance and practical application **Introduction to Health and Safety at Work**

Phil Hughes MBE, Ed Ferrett, 2020-12-22 Introduction to Health and Safety at Work covers the fundamentals of occupational safety and health for the thousands of students who complete the NEBOSH National General Certificate in Occupational Health and Safety each year. This seventh edition closely follows the NEBOSH National General Certificate syllabus which was updated in 2019 and comes into use in 2020. The highly illustrated content covers all of the essential elements of health and safety management, the legal framework, risk assessment and control standards, and also includes checklists, report forms and record sheets to supplement learning. It also has an extensive summary of current health and safety legislation. Aligned to the NEBOSH National General Certificate in Occupational Health and Safety Practice, questions and answers to test knowledge and increase understanding. Complete with a companion website containing extra resources for tutors and students. The book is suitable for all students following a level 3 Health and Safety course and a source of reference and guidance for managers at work in the UK. Written by renowned authors, this book is often provided as part of the Certificate course and is essential reading for a student.

**Health and Safety at Work For Dummies** RRC, 2016-05-02 Are you complying with health and safety regulations in the workplace? Making mistakes in many areas of health and safety can be both incredibly dangerous and hugely costly. So what can you do to avoid hazards and expensive time-consuming legal battles? That's where *Health Safety at Work For Dummies* comes in. Cutting through the clutter, it provides you with the practical must-know information you need to ensure your workplace is a suitably safe environment that complies with government health and safety rules and regulations. Did you know that in 2014 1.2 million working people suffered from work-related illnesses? 2,535 mesothelioma deaths occurred due to past asbestos exposure and 133 workers were killed on the job. The list goes on, and the statistics are staggering. *Health Safety at Work For Dummies* shows you how to keep your employees safe from becoming another statistic in this frightening data. Arming you with critical information needed to adhere to health and safety regulations, it offers expert guidance on managing and implementing health and safety in your business, controlling workplace risks, going the extra mile in following orders, and much more. Offers an easy-to-follow overview for getting started with health and safety. Provides tips and advice for planning your health and safety management. Includes guidance on monitoring and reviewing your health and safety systems. Clearly demonstrates how to organize and motivate your workforce to comply with rules and regulations. You can't afford to run a business that doesn't provide a safe work environment. Be smart, safe, and proactive with the help of this essential guide.

**Foundations of Nursing Practice** Chris Brooker, Anne Waugh, 2013-01-08 This second edition of *Foundations of Nursing Practice* has been revised and updated specifically to meet the needs of nursing students in all fields of practice. The book explains how and why sensitive, safe, evidence-based, holistic nursing care is carried out, including topics common to all fields of practice. Core nursing skills are emphasised to reflect the importance of clinical skills, as well as the underpinning theory. Aids to learning in each chapter. Learning outcomes. Interactive boxes for all age groups and fields of nursing practice. Key words and phrases for literature searching. Useful websites, references, and

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**Principles of Health and Safety at Work** Allan St John Holt, Jim Allen, 2015-06-22 This is a reprint of ISBN 978 0 901 35743 4 Widely acknowledged as the one stop summary of health and safety fundamentals Principles covers law safety technology occupational health and hygiene and safety management techniques Originally written by the late international health and safety expert Allan St John Holt this new edition has been comprehensively updated by Allan s colleague Jim Allen The book is designed as a concise accessible introduction to health and safety basics and includes revision notes and a wide range of references It is a first class resource for NEBOSH Certificate students



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