

Safe Manual Handling

Overview

Over a risk of accidents arises from manual handling activities and, if these, staff should be told:

THE MANUAL HANDLING REGULATIONS 1992

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, pushing and pulling.



Typical manual handling injuries include:

- Damage to ligaments and tendons
- Sprains or strains
- Bruised skin
- Fractures

The human body:

The back is composed of a series of short, cylindrical bones separated by cushioning discs. Tendons and muscles support the spine, and your requirement is a warning that this system is at risk of injury.

Risk Assessment

This is the process of identifying significant risks and assessing how they arise. It then allows a range of control measures to be devised and applied, which will manage risk down to an acceptable level. Such an assessment must be carried out by a competent individual familiar with the legal requirements and the tasks undertaken. Where there are 5 or more employees, assessments must be written down.

The assessment should consider risks to the '5D' format:

Task

- Can the mechanical aid be employed?
- Can reorganising or redesigning equipment be achieved?
- Can redesign the system to help where loads must be lifted/moved?
- Will there be positive problems with or the need for load to be away from the body?

Individual

- Does the worker have any health issues?
- Are pregnant workers involved in lifting?
- Does the individual require constant monitoring?

Load

- Are it heavy, awkward or handle of force used?
- What is the weight?
- What load is needed?

Environment

- Are there issues with temperature - too high or low?
- Are there irregularities in the floor?
- Are there enough lights?
- Are there other people's problems - such as high winds?



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 reduce any residual risk as far as is practicable
- Must provide relevant information and training
- Must review assessments and work systems

Employees:

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

Prevention of injury:

- In order to safeguard yourself you should:
- Lift the weight within your ability and in line with the guidelines given in training
- Maintain good posture at all times
- Always be warm-up before strenuous work
- If you feel pain, rest until completely well and seek medical aid
- Report any incident which gives rise to pain



Good Handling Technique

Planning

- Can I handle the load?
- Are any lifting aids available?
- Do I need help?
- What obstacles are in my way?
- Do I have any personal protective equipment that is safety critical?

Posture

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

Grip

- Ensure a secure grip on the object being moved
- Wear good footwear
- Use any footholds provided

The lift

- Keep the chest forward
- Use your 'trunk' - lift progressively
- Use the legs to lift, not the back
- Keep the load tight against the body with any hands and arms available
- Do not lean the back out by twisting
- If necessary, use the feet down to adjust your grip



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