

Safe Manual Handling

Introduction

LEGISLATION

More than a 1/3 of injuries reported to the Health and Safety Executive are from lifting, lowering, pushing, pulling, carrying, or moving. These injuries are costly to the employer and the employee. The Manual Handling Operations Regulations 1992 (amended 2002) require any employer whose work involves lifting, lowering, or moving a load to take steps to reduce the number of accidents and injuries from these activities.

TYPES OF INJURY

The back is a source of trouble with a lot depending on its condition. There are 3 types of injuries which can occur to the spine. These are:

1. Strain, such as sprains and tears that occur over time due to repetitive movements.
2. Sprains, such as twisting, bending and other sudden stress injuries.

The types of injury that occur are:

1. Strain, such as sprains and tears that occur over time due to repetitive movements.
2. Sprains, such as twisting, bending and other sudden stress injuries.

Where to contact regarding Manual Handling

Name	Address	Date

Anywhere in the musculo-skeletal system can be injured.

Risk Assessment 1

The purpose of a risk assessment is to:

1. Identify hazardous activities or tasks in the work environment, such as the conditions. Also to identify who may be harmed by the process, or task in the working environment and to decide if further action is necessary.

The person carrying out the assessment should be:

1. Familiar with the Management of Health and Safety at Work Regulations 1992. The Manual Handling Operations Regulations 1992 (amended 2002) and any amendments or updates.
2. Familiar with the processes being carried out.
3. Competent to carry out the task.

The assessment should be written down and the recommendations agreed upon where reasonably practicable.

Good Handling Techniques 1

GOOD HANDLING TECHNIQUES

Feet - PLANT

Where are you going?
What are you lifting?
What are the obstacles?
Are there any walls or obstacles?
Do you need help?
Do you need to remove any obstructions?

Feet - FEET

Are you standing on a level surface for the work?
Place your feet apart in a way that gives you a good balance position.
Place the leading foot so it is positioned slightly forward in the direction of travel.

Feet - FEET

Keep the spine to be moved alignment.
Move from the knees but do not over the feet.
Keep shoulders and knees in a line.
Keep the shoulders level.

Employers & Employees

EMPLOYERS DUTIES

Employers should:

1. Assess the risks of injury to all employees.
2. Provide information and training to all employees.
3. Assess the risks of injury to all employees.
4. Assess the risks of injury to all employees.
5. Assess the risks of injury to all employees.
6. Assess the risks of injury to all employees.
7. Assess the risks of injury to all employees.
8. Assess the risks of injury to all employees.

EMPLOYEES DUTIES

Employees should:

1. Follow a safe system of work.
2. Use the correct lifting technique.
3. Follow any training that is provided.
4. Use the correct lifting technique.
5. Follow any training that is provided.
6. Use the correct lifting technique.
7. Follow any training that is provided.
8. Use the correct lifting technique.

PREVENTING BACK PAIN

As well as the measures above there are actions that you can take to help prevent back pain. These are:

1. Keep your weight under control.
2. Keep your back straight.
3. Keep your feet apart.
4. Keep your feet apart.
5. Keep your feet apart.
6. Keep your feet apart.
7. Keep your feet apart.
8. Keep your feet apart.

Risk Assessment 2

RISK

The whole task should be looked at from the beginning to the end. Some of the aspects that should be considered are:

- 1. The weight of the load.
- 2. The frequency of the task.
- 3. The distance the load is moved.
- 4. The time taken to complete the task.
- 5. The posture of the worker.
- 6. The environment.
- 7. The equipment.
- 8. The training.

INDIVIDUAL

Are they fit and healthy to carry out the task?
Are they trained to carry out the task?
Are they experienced to carry out the task?
Are they motivated to carry out the task?
Are they confident to carry out the task?
Are they happy to carry out the task?
Are they willing to carry out the task?
Are they able to carry out the task?

LOAD

Is it an awkward shape?
Is it an awkward weight?
Is it an awkward position?
Is it an awkward location?
Is it an awkward time?
Is it an awkward place?
Is it an awkward way?
Is it an awkward how?

ENVIRONMENT

Is the environment safe?
Is the environment clean?
Is the environment dry?
Is the environment well lit?
Is the environment well ventilated?
Is the environment well maintained?
Is the environment well organized?
Is the environment well managed?

Good Handling Techniques 2

Feet - FEET

Are you standing on a level surface for the work?
Place your feet apart in a way that gives you a good balance position.
Place the leading foot so it is positioned slightly forward in the direction of travel.

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Keep the spine to be moved alignment.
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Information On Manual Handling People

D Keegan



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