

Safe Manual Handling

INTRODUCTION

DEFINITION

Any task or job requires workers to lift and move loads or materials. Improper lifting and moving techniques can cause musculoskeletal injury. Workers should be trained in safe manual handling techniques and encouraged to use mechanical aids such as trolleys and hoists where possible. A responsible employer should ensure that workers are trained in safe manual handling techniques.



TYPES OF INJURY

Several common injuries can be caused by unsafe manual handling. These include sprains, strains, tears, and tears of the intervertebral discs. These injuries can lead to long-term problems and disability.

The types of injury that occur are:

- 1. Back pain, which is the most common injury.
- 2. Sprains and strains of the muscles and ligaments.
- 3. Tears of the intervertebral discs.

Anywhere in the musculoskeletal system can be injured.



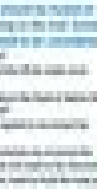
RISK ASSESSMENT

The purpose of this assessment is to:

1. Identify hazards and risks to the worker.
2. Assess the likelihood of an injury occurring.
3. Identify measures to reduce the risk of injury.

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2. Assess the likelihood of an injury occurring.
3. Identify measures to reduce the risk of injury.



The assessment should be updated regularly. It should be updated when new equipment is introduced or when the work environment changes.

- 1. Back pain
- 2. Sprains and strains
- 3. Tears of the intervertebral discs
- 4. Long-term disability
- 5. Lost productivity
- 6. Increased risk of injury
- 7. Increased risk of injury

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EMPLOYERS & EMPLOYEES

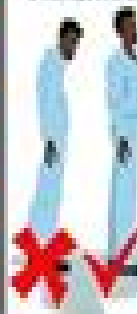
EMPLOYER'S DUTY

1. Provide training and information to workers.
2. Provide mechanical aids to workers.
3. Provide a safe working environment.
4. Provide a safe working environment.
5. Provide a safe working environment.
6. Provide a safe working environment.
7. Provide a safe working environment.



EMPLOYEE'S DUTY

1. Follow the training and information provided.
2. Use mechanical aids correctly.
3. Work in a safe and healthy manner.
4. Report any unsafe conditions to the employer.
5. Report any unsafe conditions to the employer.
6. Report any unsafe conditions to the employer.
7. Report any unsafe conditions to the employer.



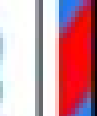
PREVENTING BACK PAIN

1. Do not lift or move loads that are too heavy or awkward.
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7. Do not lift or move loads that are too heavy or awkward.

HANDLING TECHNIQUES

Good - Right

- 1. Feet shoulder-width apart.
- 2. Back straight.
- 3. Knees bent.
- 4. Hips bent.
- 5. Arms straight.
- 6. Feet shoulder-width apart.
- 7. Feet shoulder-width apart.



Good - Right

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