Manual handling

Performed incorrectly, manual handling can put stress on the body and cause serious injury. The hazards involved occur when a person is required to lift, lower, push, carry or otherwise move, hold or restrain a load.

How to avoid a manual handling injury when lifting:



Plan and check for dangers to yourself or others. Is the destination of the load clear, free from obstruction and

within resecon?



(2)

Check your belence and position, is the load stable, within your weight limits and easy to grip?



(3)

When lifting items use your legs. Do not jerk when lifting, keep the movement smooth and take a rest if needed.



4

When moving your load, move from your feet. Do not twist end keep the heaviest part of the load against your body.



5

Ensure that others can see you. If required, wear your personal protective equipment (PPE).

Injury may result when a person:

- Sustains or holds an awkward posture.
- Uses repetitive or sustained force
- Uses high or sudden force.
- Performs repetitive movement without breaks.
- Lifts weights above their limit.

As an employer you must:

- Identify hezands.
- eliminate the risks wherever possible.
- minimise the risk by implementing control measures.
- maintain control measures and update procedures frequently so they remain effective.
- constantly review risk control measures.
- seek professional advice to avoid any potential injury to staff and costly claims.

As an employer you must:

- ensure you are aware of, and follow all policies or procedures your employer has in place.
- take reasonable care for your own health and safety and do not place other workers at risk by your actions.
- use correct lifting procedures
- use mechanical aids or team lifting
- comply with any reasonable instruction given by your employer or manager.
- be proactive in identifying and reporting potential hazardous manual handling tasks.
- notify your manager immediately of any injuries or illness.



Manual Handling Guide For Employers

N Colangelo

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