

Safe Manual Handling

Introduction

Legislation

The Health and Safety at Work Act 1974 requires employers to ensure the health and safety of their employees and to provide them with the necessary information, instruction, training and supervision to enable them to do so. The Health and Safety Regulations 1992 require employers to assess the risks to the health and safety of their employees from the work they do and to take steps to control those risks.



Types of injury

The spine is a jointed structure with a lot of flexibility. It is made up of vertebrae and intervertebral discs. The discs are the cushions between the vertebrae. They are made of a soft, jelly-like substance called nucleus pulposus. The discs are compressed when you stand or sit and expand when you lie down.

- Other types of injury that occur are:
1. Strains: when the muscles or ligaments are stretched too far.
 2. Sprains: when the ligaments are torn.
 3. Bruises: when the soft tissue is damaged.
 4. Fractures: when the bone is broken.

Anywhere in the musculo-skeletal system can be injured.



Risk Assessment

The purpose of risk assessment is to identify the hazards associated with the work, estimate the risk and the likelihood of an injury occurring, and to take steps to control those risks.

- The general principles of risk assessment should be:
1. Identify the hazards of the work.
 2. Estimate the risk of an injury occurring.
 3. Take steps to control the risk.



The assessment should be written down and the assessment should be reviewed regularly.



- Types**
- 1. The work should be designed to be safe.
 - 2. The work should be designed to be safe for the worker.
 - 3. The work should be designed to be safe for the equipment.
 - 4. The work should be designed to be safe for the environment.
 - 5. The work should be designed to be safe for the community.
 - 6. The work should be designed to be safe for the future.



- Individual**
- 1. The individual should be assessed for their physical and mental fitness.
 - 2. The individual should be assessed for their experience and training.
 - 3. The individual should be assessed for their attitude and motivation.
 - 4. The individual should be assessed for their ability to follow instructions.
 - 5. The individual should be assessed for their ability to work under pressure.
 - 6. The individual should be assessed for their ability to work in a team.



Employers & Employees

Employers duties

1. To ensure the health and safety of their employees.
2. To provide a safe system of work.
3. To provide the necessary information, instruction, training and supervision.
4. To ensure the work is done in a safe manner.
5. To ensure the work is done in a safe environment.
6. To ensure the work is done in a safe way.

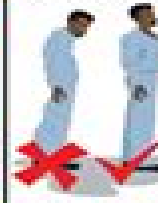


Employees duties

- 1. To follow the instructions of their employer.
- 2. To use the equipment in a safe manner.
- 3. To ensure the work is done in a safe manner.
- 4. To ensure the work is done in a safe environment.
- 5. To ensure the work is done in a safe way.

Preventing back pain

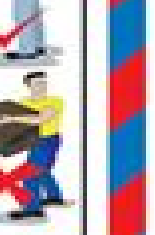
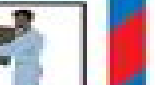
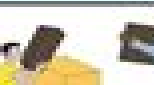
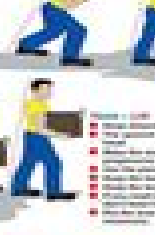
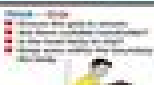
- 1. To avoid lifting heavy loads.
- 2. To avoid twisting the body.
- 3. To avoid bending the back.
- 4. To avoid standing for long periods.
- 5. To avoid sitting for long periods.
- 6. To avoid walking for long periods.
- 7. To avoid running for long periods.
- 8. To avoid jumping for long periods.
- 9. To avoid climbing for long periods.
- 10. To avoid falling for long periods.



Handling Techniques

Plan - Lift

- 1. Plan the lift.
- 2. Check the weight of the load.
- 3. Check the height of the load.
- 4. Check the distance to the load.
- 5. Check the stability of the load.
- 6. Check the condition of the load.



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