

Safe Manual Handling

INTRODUCTION

LEGISLATION

More than a 100 European countries in the world have signed European and national laws on manual handling and lifting. These regulations are mostly in the workplace and for employers. The laws in most countries require employers to assess the risks and to take measures to reduce the number of accidents and injuries from these operations.



TYPES OF INJURY

The back is a series of bones with a thin supporting cartilage between them and ligaments which support the spine. There is a protection mechanism to warn you about potential harm to your back.

The types of injury that occur are:

1. Strains, back muscle and tissue that occur over time due to repeated movements.
2. Sprains, such as twisting, twisting and overstretching the joints.

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify hazardous practices by looking at the **Task**, **Individual**, **Load** and the **Environment**. Then to decide what steps to be taken to reduce the risk of the existing conditions and to decide if further precautions are necessary.

The person carrying out the assessment should be:

1. Able to use the 'Four Components of Health and Safety' in their **Organizational Skills**, **Task**, **Manual Handling Department**, **Department**, **Individual** and any circumstances or systems.
2. Able to use the processes being carried out.
3. Competent to carry out the task.



The assessment should be written down and the recommendations used to plan future necessary procedures.



TASK

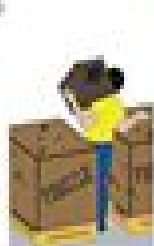
The whole task should be looked at from the beginning to the end. Some of these aspects need to be considered:

- Is it a one-off task?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?



INDIVIDUAL

- How long is the person's work experience?
- How long is the person's work experience?
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LOAD

- Is it a one-off task?
- How often will it be done?
- How often will it be done?
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ENVIRONMENT

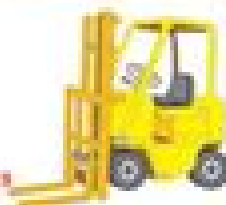
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EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

1. Assess the risks of any work with an existing handling operation occurring in the workplace.
2. Plan a safe system of work.
3. Assess the risks of any new handling operation.
4. Assess the risks of any new handling operation.
5. Assess the risks of any new handling operation.
6. Assess the risks of any new handling operation.
7. Assess the risks of any new handling operation.
8. Assess the risks of any new handling operation.



EMPLOYEES DUTIES

Employees should:

1. Follow the system of work.
2. Follow the system of work.
3. Follow the system of work.
4. Follow the system of work.
5. Follow the system of work.
6. Follow the system of work.
7. Follow the system of work.
8. Follow the system of work.

PREVENTING BACK PAIN

Do not do the process above these are actions that you can do to help prevent back pain.

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HANDLING TECHNIQUES

Think - PLAN

- Where am I going?
- What am I doing?
- What is the object?
- Are there any other obstacles?
- Do I need help?
- Do I need to remove any obstacles?



Think - FEEL

- Is it moving outside balance for the back?
- Does your back feel like it's going to give?
- Does your back feel like it's going to give?
- Does your back feel like it's going to give?
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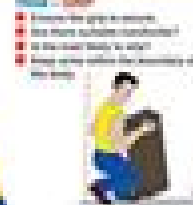
Think - FEELING

- Keep the spine in its normal alignment.
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Think - LIFT

- Is the object in the way?
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Think - LIFT

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