

Safe Manual Handling

INTRODUCTION

LEGISLATION

Most have a lot of control regarding the health and safety of their workers. It is their responsibility to ensure that their workers are safe and healthy. This means that they must ensure that their workers are safe and healthy. This means that they must ensure that their workers are safe and healthy.



TYPES OF INJURY

The spine is a series of bones with a soft, cushioning material between them. These are known as intervertebral discs. When a worker is injured, it is often the discs that are damaged. This can lead to a variety of problems, including pain and difficulty moving.

The types of injury that can occur are:

- 1. Strain, back ache, muscle and bone pain, numbness and tingling, loss of movement.
- 2. Hernia, disc and crushing, fracture and dislocation, etc.

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify the tasks and activities that are likely to cause injury.
2. Assess the risk of injury from these tasks and activities.
3. Identify the measures that can be taken to reduce the risk of injury.

The person carrying out the assessment should be:

1. A competent person, with the necessary knowledge and experience.
2. A person who is not involved in the task being assessed.
3. A person who is not involved in the task being assessed.



The assessment should be written down and the results used to plan the necessary measures.



LOAD

- 1. Is the load too heavy?
- 2. Is the load too bulky?
- 3. Is the load too awkward?
- 4. Is the load too hot or cold?
- 5. Is the load too sharp?
- 6. Is the load too slippery?
- 7. Is the load too fragile?
- 8. Is the load too noisy?
- 9. Is the load too smelly?
- 10. Is the load too dirty?

TASK

The task itself should be looked at from the beginning to the end. Some of the things to look at are:

- 1. Is the task necessary?
- 2. Can the task be done in a safer way?
- 3. Can the task be done in a safer way?
- 4. Can the task be done in a safer way?
- 5. Can the task be done in a safer way?
- 6. Can the task be done in a safer way?
- 7. Can the task be done in a safer way?
- 8. Can the task be done in a safer way?
- 9. Can the task be done in a safer way?
- 10. Can the task be done in a safer way?



INDIVIDUAL

- 1. Age, sex, height, weight, etc.
- 2. Health, fitness, etc.
- 3. Experience, training, etc.
- 4. Previous injuries, etc.
- 5. Current injuries, etc.
- 6. Current medications, etc.
- 7. Current alcohol consumption, etc.
- 8. Current drug consumption, etc.
- 9. Current stress levels, etc.
- 10. Current mental health, etc.



ENVIRONMENT

- 1. Is the floor slippery?
- 2. Is the floor uneven?
- 3. Is the floor too hot or cold?
- 4. Is the floor too noisy?
- 5. Is the floor too smelly?
- 6. Is the floor too dirty?
- 7. Is the floor too bright?
- 8. Is the floor too dark?
- 9. Is the floor too windy?
- 10. Is the floor too rainy?

EMPLOYERS & EMPLOYEES

EMPLOYING DUTIES

1. Assess the risks of injury from the work.
2. Assess the risks of injury from the work.
3. Assess the risks of injury from the work.
4. Assess the risks of injury from the work.
5. Assess the risks of injury from the work.
6. Assess the risks of injury from the work.
7. Assess the risks of injury from the work.
8. Assess the risks of injury from the work.
9. Assess the risks of injury from the work.
10. Assess the risks of injury from the work.



EMPLOYER DUTIES

- 1. Provide a safe system of work.
- 2. Provide a safe system of work.
- 3. Provide a safe system of work.
- 4. Provide a safe system of work.
- 5. Provide a safe system of work.
- 6. Provide a safe system of work.
- 7. Provide a safe system of work.
- 8. Provide a safe system of work.
- 9. Provide a safe system of work.
- 10. Provide a safe system of work.

PREVENTING BACK PAIN

Do not do the following things that can cause back pain:

- 1. Do not lift or carry heavy loads.
- 2. Do not lift or carry heavy loads.
- 3. Do not lift or carry heavy loads.
- 4. Do not lift or carry heavy loads.
- 5. Do not lift or carry heavy loads.
- 6. Do not lift or carry heavy loads.
- 7. Do not lift or carry heavy loads.
- 8. Do not lift or carry heavy loads.
- 9. Do not lift or carry heavy loads.
- 10. Do not lift or carry heavy loads.



HANDLING TECHNIQUES

Think - PLANNING

- 1. Where is the load?
- 2. What is the load?
- 3. What is the load?
- 4. What is the load?
- 5. What is the load?
- 6. What is the load?
- 7. What is the load?
- 8. What is the load?
- 9. What is the load?
- 10. What is the load?



Think - ASSESS

- 1. Is the load too heavy?
- 2. Is the load too bulky?
- 3. Is the load too awkward?
- 4. Is the load too hot or cold?
- 5. Is the load too sharp?
- 6. Is the load too slippery?
- 7. Is the load too fragile?
- 8. Is the load too noisy?
- 9. Is the load too smelly?
- 10. Is the load too dirty?



Think - PREPARE

- 1. Clear the way.
- 2. Clear the way.
- 3. Clear the way.
- 4. Clear the way.
- 5. Clear the way.
- 6. Clear the way.
- 7. Clear the way.
- 8. Clear the way.
- 9. Clear the way.
- 10. Clear the way.



Think - LIFT

- 1. Keep the feet apart.
- 2. Keep the feet apart.
- 3. Keep the feet apart.
- 4. Keep the feet apart.
- 5. Keep the feet apart.
- 6. Keep the feet apart.
- 7. Keep the feet apart.
- 8. Keep the feet apart.
- 9. Keep the feet apart.
- 10. Keep the feet apart.



Think - PUT

- 1. Place the load down.
- 2. Place the load down.
- 3. Place the load down.
- 4. Place the load down.
- 5. Place the load down.
- 6. Place the load down.
- 7. Place the load down.
- 8. Place the load down.
- 9. Place the load down.
- 10. Place the load down.



Manual Material Handling Guidelines

Tao Wei



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