

Safe Manual Handling

INTRODUCTION

LEGISLATION

There is a lot of legislation in the health and safety domain and that creates a lot of confusion. However, there are three key pieces of legislation that you need to know about. These are the Health and Safety Act 1974, the Health and Safety Regulations 1992, and the Health and Safety Regulations 1999. These three pieces of legislation are the foundation of the health and safety system in the UK.



TYPES OF INJURY

The body is a complex system with many different parts. Some parts are more important than others. If one part is injured, it can affect the whole body. This is why it is important to know the types of injury that can occur.

The types of injury that can occur are:

- 1. Strains, sprains and fractures that occur when the body is overexerted.
- 2. Sprains, strains and fractures that occur when the body is overexerted.

Anywhere in the musculoskeletal system can be injured.



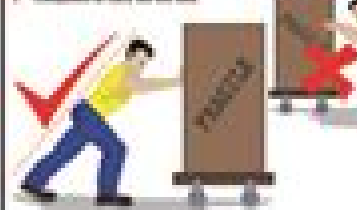
RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify the hazards present for the task, substance, process and the equipment. How to identify what is the hazard for the task, substance, process and the equipment.

The person carrying out the assessment should be:

1. Qualified and competent to carry out the assessment.
2. Qualified and competent to carry out the assessment.
3. Qualified and competent to carry out the assessment.



LOAD

- 1. Is the load too heavy?
- 2. Is the load too bulky?
- 3. Is the load too awkward?
- 4. Is the load too difficult to handle?
- 5. Is the load too difficult to handle?
- 6. Is the load too difficult to handle?

TASK

- 1. Is the task too difficult?
- 2. Is the task too awkward?
- 3. Is the task too difficult?
- 4. Is the task too awkward?
- 5. Is the task too difficult?
- 6. Is the task too awkward?



INDIVIDUAL

- 1. Is the individual fit to do the task?
- 2. Is the individual fit to do the task?
- 3. Is the individual fit to do the task?
- 4. Is the individual fit to do the task?
- 5. Is the individual fit to do the task?
- 6. Is the individual fit to do the task?



ENVIRONMENT

- 1. Is the environment safe?
- 2. Is the environment safe?
- 3. Is the environment safe?
- 4. Is the environment safe?
- 5. Is the environment safe?
- 6. Is the environment safe?

EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

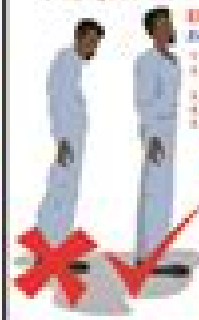
1. Ensure the health and safety of all employees.
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PREVENTING BACK PAIN

- 1. Do not lift or move heavy loads without the help of others.
- 2. Do not lift or move heavy loads without the help of others.
- 3. Do not lift or move heavy loads without the help of others.
- 4. Do not lift or move heavy loads without the help of others.
- 5. Do not lift or move heavy loads without the help of others.
- 6. Do not lift or move heavy loads without the help of others.



HANDLING TECHNIQUES

THROW - FLARE

- 1. What is the weight?
- 2. What is the weight?
- 3. What is the weight?
- 4. What is the weight?
- 5. What is the weight?
- 6. What is the weight?



THROW - FLARE

- 1. Do not throw or flare heavy loads.
- 2. Do not throw or flare heavy loads.
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- 5. Do not throw or flare heavy loads.
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How Long Do Manual Handling Certificates Last

Raffaela Di Napoli



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