

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 most important European Regulations (1984, 1986 and 1989) apply to most workplaces. However, some countries, for example, the Netherlands, have reduced the number of workers' responsibilities from these guidelines.



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, both immediate and those that occur over time due to repeated movements.
2. Sprains, cuts and bruising. Fractures and dislocations also happen.

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

The purpose of a risk assessment is to:

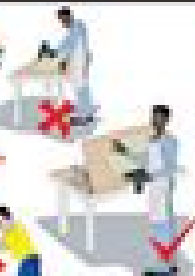
1. Identify hazardous practices by looking at the **Task**, **Individual**, **Load** and the **Environment**. Then to decide what may be changed to the situation, to look at the existing conditions and to decide if further action is necessary.

The person carrying out the assessment should be:

1. Able to see the task/operation at hand and follow up their **Regulatory duty**, the **Manual Handling Operations Regulations** (1992) and any amendments or updates.
2. Able to see the processes being carried out.
3. Competent to carry out the task.



The assessment should be written down and the recommendations used upon future working practices.



TASK

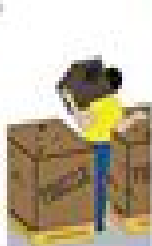
The whole task should be looked at from the beginning to the end. Some of these aspects need to be considered:

- Is it a one-off task?
- How often will it be done?
- How long will it take to do?
- 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 it will be done for?
- 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?



LOAD

- 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?



ENVIRONMENT

- 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?

EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

1. Assess the risks of injury to health from manual handling operations occurring in the workplace.
2. Plan a safe system of work.
3. Assess the risks of injury to health from manual handling operations.
4. Assess the risks of injury to health from manual handling operations.
5. Assess the risks of injury to health from manual handling operations.
6. Assess the risks of injury to health from manual handling operations.
7. Assess the risks of injury to health from manual handling operations.
8. Assess the risks of injury to health from manual handling operations.

EMPLOYEES DUTIES

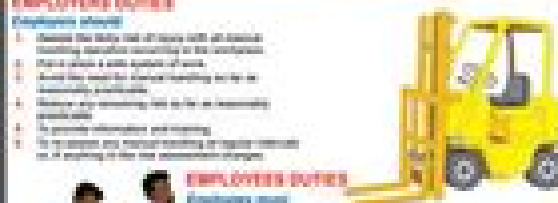
Employees should:

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 processes 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 - REEF

- Is it moving outside the bottom for the feet?
- Place your feet apart to give you a good base of support.
- Place the load on the ground so it is positioned directly in front of the feet.



Think - REEF

- Keep the spine in its normal alignment.
- Keep the feet apart to give you a good base of support.
- Keep the load on the ground so it is positioned directly in front of the feet.
- Keep the load on the ground so it is positioned directly in front of the feet.

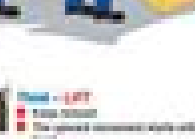
Think - LIFT

- Keep the spine in its normal alignment.
- Keep the feet apart to give you a good base of support.
- Keep the load on the ground so it is positioned directly in front of the feet.
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Think - LIFT

- Keep the spine in its normal alignment.
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General Manual Handling Policy

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