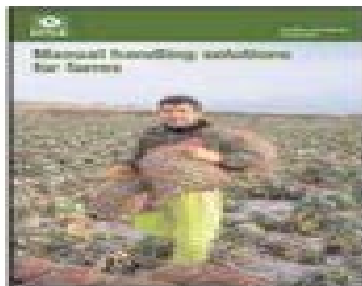


# Manual handling solutions for farms



This is a web-friendly version of leaflet A523(rev3), revised 04/06

## What are the problems?

In agriculture, back, neck and limb disorders are the most common types of ill health. Around 80% of the people who work in the industry will suffer the effects of these disorders and some are permanently disabled. Many of the injuries are caused or made worse by poor manual handling practice. They can arise from stresses and strains over a period of time rather than from a single event.

## What are the causes?

Manual handling includes lifting, putting down, pushing, pulling, carrying, moving or supporting a load by hand or bodily force. Injuries are not only caused by the weight of the objects you handle – other important factors include:

- the size, shape and available grip;
- the way you carry a load and where you have to move it from and to; and
- how often you have to do the job.

## What do I need to do?

The Management of Health and Safety at Work Regulations 1999 require employers and the self-employed to assess risks to health and safety. The Manual Handling Operations Regulations 1992 (as amended) complement these Regulations. If your general assessment identifies risks from manually handling loads, you should:

- avoid the job if it is reasonably practicable to do so;
- assess the operations that cannot be avoided;
- take appropriate steps to reduce the risk of injury. Where possible, provide mechanical assistance such as handling aids. Where this is not reasonably practicable then explore changes to the task, the load and the working environment;
- provide employees with general indications of the weight and nature of the load to be handled.

## Assess the risk

Does the job involve one or more of these risk factors:

- handling loads at a distance from the trunk?
- twisting?
- stooping or reaching upwards?
- excessive lifting, lowering or carrying distances?
- excessive pushing or pulling force?

# Manual Handling Solutions Ltd

**Phil Hughes, Ed Ferrett**



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