

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. These discs are made of a soft, spongy material. They are made of a soft, spongy material. They are made of a soft, spongy material.

The types of injury that can occur are:

- 1. Strain, back ache, muscle and bone pain, numbness, tingling, weakness, etc.
- 2. Fracture, disc and ligament damage, etc.

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

The purpose of a risk assessment is to:

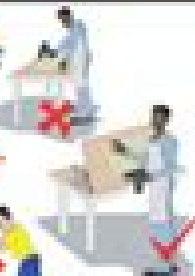
1. Identify the tasks and activities that are likely to cause injury.
2. Assess the risks of injury from these tasks and activities.
3. Identify the measures that can be taken to reduce the risks of injury.

The person carrying out the assessment should be:

1. A competent person, with the necessary knowledge and experience.
2. A competent person, with the necessary knowledge and experience.
3. A competent person, with the necessary knowledge and experience.



The assessment should be written down and the results used to plan and implement measures to reduce the risks of injury.



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?



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 wet?
- 10. Is the floor too dry?



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.
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10. Assess the risks of injury from the work.



EMPLOYER DUTIES

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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.

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

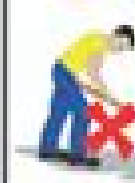
Think - PLANNING

- 1. Where am I going?
- 2. What am I doing?
- 3. What am I doing?
- 4. What am I doing?
- 5. What am I doing?
- 6. What am I doing?
- 7. What am I doing?
- 8. What am I doing?
- 9. What am I doing?
- 10. What am I doing?



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 - MOVE

- 1. Keep the spine in its natural alignment.
- 2. Keep the spine in its natural alignment.
- 3. Keep the spine in its natural alignment.
- 4. Keep the spine in its natural alignment.
- 5. Keep the spine in its natural alignment.
- 6. Keep the spine in its natural alignment.
- 7. Keep the spine in its natural alignment.
- 8. Keep the spine in its natural alignment.
- 9. Keep the spine in its natural alignment.
- 10. Keep the spine in its natural alignment.



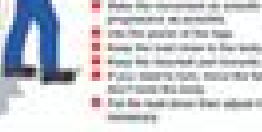
Think - LIFT

- 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 - PUT

- 1. Is the load too heavy?
- 2. Is the load too bulky?
- 3. Is the load too awkward?
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- 6. Is the load too slippery?
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- 10. Is the load too dirty?



Manual Material Handling Guidelines

AN Whitehead



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