

Safe Manual Handling

INTRODUCTION

LEGISLATION

More than a 100 countries report on the health and safety of workers and that countries working towards meeting these goals. These reports are usually in the workplace and the workplace. The World Health Organization (WHO) reports that about 100 million people are injured or disabled each year due to work-related accidents. In 2000, a European Commission report estimated that 10 million people are injured or disabled each year due to work-related accidents.



TYPES OF INJURY

The body is a series of bones with a thin, surrounding outer covering. These are ligaments and muscles, which support the body. There is a protection mechanism to warn you about potential harm to your body.

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 lacerations, fractures and dislocations that happen.

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

The purpose of a risk assessment is to:

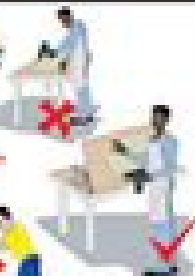
1. Identify hazardous practices by looking at the **Task**, **Individual**, **Load**, and the **Environment**. Then to decide what steps to be taken to reduce the risk of the existing conditions and to decide if further action is necessary.

The person carrying out the assessment should be:

1. Able to see the task/operation of the task and follow it in their **Regulatory Role**, **Task**, **Individual**, **Load**, and **Environment**.
2. Able to see the task/operation of the task and follow it in their **Regulatory Role**, **Task**, **Individual**, **Load**, and **Environment**.
3. Competent to carry out the task.



The assessment should be written down and the recommendations should be implemented.



TASK

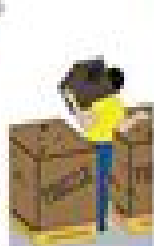
The task should be looked at from the beginning to the end. Some of the things to look at are:

- Is it a one-off task?
- Is the frequency of the task high or low?
- Is the task done in a repetitive manner?
- Is the task done in a repetitive manner?
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- Is the task done in a repetitive manner?
- Is the task done in a repetitive manner?
- Is the task done in a repetitive manner?



INDIVIDUAL

- Is the person fit and healthy to carry out the task?
- Is the person fit and healthy to carry out the task?
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- Is the person fit and healthy to carry out the task?
- Is the person fit and healthy to carry out the task?
- Is the person fit and healthy to carry out the task?



LOAD

- Is the load heavy?
- Is the load bulky?
- Is the load awkwardly shaped?
- Is the load awkwardly shaped?
- Is the load awkwardly shaped?
- Is the load awkwardly shaped?
- Is the load awkwardly shaped?
- Is the load awkwardly shaped?



ENVIRONMENT

- Is the floor slippery?
- Is the floor slippery?
- Is the floor slippery?
- Is the floor slippery?
- Is the floor slippery?
- Is the floor slippery?
- Is the floor slippery?
- Is the floor slippery?

EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

1. Assess the risk of injury to the employee.
2. Assess the risk of injury to the employee.
3. Assess the risk of injury to the employee.
4. Assess the risk of injury to the employee.
5. Assess the risk of injury to the employee.
6. Assess the risk of injury to the employee.
7. Assess the risk of injury to the employee.
8. Assess the risk of injury to the employee.

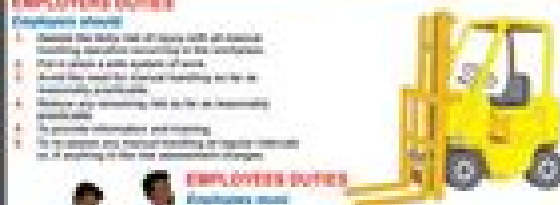
EMPLOYEES DUTIES

1. Follow the rules of the workplace.
2. Follow the rules of the workplace.
3. Follow the rules of the workplace.
4. Follow the rules of the workplace.
5. Follow the rules of the workplace.
6. Follow the rules of the workplace.
7. Follow the rules of the workplace.
8. Follow the rules of the workplace.

PREVENTING BACK PAIN

Do not do the following things that you can do to help prevent back pain:

- Do not do the following things that you can do to help prevent back pain:
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- Do not do the following things that you can do to help prevent back pain:



HANDLING TECHNIQUES

Think - PLAN

- Where am I going?
- What do I want?
- What do I want?
- What do I want?
- What do I want?
- What do I want?
- What do I want?
- What do I want?



Think - ASSESS

- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?



Think - MOVE

- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.

Think - GRASP

- Is the grip strong?
- Is the grip strong?
- Is the grip strong?
- Is the grip strong?
- Is the grip strong?
- Is the grip strong?
- Is the grip strong?
- Is the grip strong?



Think - LIFT

- Is the lift strong?
- Is the lift strong?
- Is the lift strong?
- Is the lift strong?
- Is the lift strong?
- Is the lift strong?
- Is the lift strong?
- Is the lift strong?



General Manual Handling Policy

United States. Ordnance Corps (Army)



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