

Manual Task/Handling Overview

What are Manual Tasks?

A "Manual Task" or "Manual Handling" is any activity that requires the use of force exerted by a person in order to lift, push, pull, carry or otherwise move or restrain an object. There are very few jobs that do not involve some form of manual handling.

Who is responsible for safe manual handling?

A safe manual handling regime at any workplace is a shared responsibility based on the cooperation of everyone. Managers and supervisors have a responsibility to assess the overall safety of the site and everyone else must follow safe work practices.

As an employee you have a responsibility to take care of your body:

- Ask for help or check what the procedure is for any new manual handling task;
- Use the equipment provided for your safety;
- Inform your supervisor if you see any hazards/dangerous manual tasks;
- Ensure your actions don't put others at risk.

When can a manual task be hazardous?

- A repetitive or sustained – Application of force, movement or awkward posture;
- An application of high force – i.e. Heavy lifting or pulling;
- Exposure to sustained vibration – i.e. Long durations on a jack hammer;
- Handling of unstable or unbalanced loads or loads which are difficult to grasp or hold.

Key Points

- Plan the lift – Where you're going, is it clear, what is the best and safest way etc;
- Move your feet – Don't twist your back;
- Follow the BACK principle:
 - **B**end your knees, not your back;
 - **A**bdominal's should be braced when lifting;
 - **C**lose to the load – keep the load close to your body;
 - **K**eep the natural curves of your spine at all times.

Talk to your site supervisor and your IRP consultant about any safety concerns you have before it's too late! IRP – 9477 7999

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Manual Handling Injury Prevention

Whenever performing a manual task you can take the following steps to prevent injury by using a risk management process:

- ✓ Identify the hazard;
- ✓ Assess the risk;
- ✓ Control the risk.

Safe Manual Handling Tips

- Lift within your safe limits;
- Use a lifting aid if the object is outside your safe lifting zone;
- Ensure trolleys, ladders, and mechanical lifting aids are available and well maintained;
- Make sure you have a good grip on the load, it is balanced & you can see past it;
- Avoid walking backwards with a load.



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Flash To Talk Manual Programming

Marco Casario



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Voices of the Soviet Space Program S. Gerovitch, 2014-12-16 In this remarkable oral history Slava Gerovitch presents interviews with the men and women who witnessed Soviet space efforts firsthand Rather than comprising a master narrative these fascinating and varied accounts bring to light the often divergent perspectives experiences and institutional cultures that defined the Soviet space program

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InfoWorld, 1984-02-13 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects

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