

Safe Manual Handling

INTRODUCTION

Help reduce the risk of back pain.

Back pain is a common problem. It can be caused by many things, including poor posture, overexertion, and lifting heavy loads incorrectly. It can be prevented by following the correct manual handling techniques.



TYPE INJURY

The most common type of injury is a strain or sprain of the muscles or ligaments in the back.

Other types of injury that can occur are:

- Hernia, a bulge in the muscle wall that can cause pain and difficulty breathing.
- Spinal cord and nerve damage, which can cause numbness, tingling, and weakness in the limbs.

Anywhere in the body, the skeletal system can be injured.

RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify the hazards associated with the task, including the load, the equipment, the environment, and the person doing the task.
2. Assess the risk of injury from each hazard.
3. Decide on the measures that need to be taken to control the risk.

The person carrying out the assessment should be:

1. Trained in the assessment of health and safety risks.
2. Aware of the hazards associated with the task.
3. Able to identify the measures that need to be taken to control the risk.

The assessment should be carried out by the person doing the task.



The assessment should be carried out by the person doing the task.

Task:

- What is the task?
- What is the purpose of the task?
- What is the equipment used?
- What is the environment like?
- What is the person doing the task like?
- What are the hazards?
- What are the risks?
- What are the measures to control the risk?

Load:

- What is the weight of the load?
- What is the shape of the load?
- What is the material of the load?
- What is the condition of the load?
- What is the location of the load?
- What is the time taken to move the load?
- What is the frequency of moving the load?

Environment:

- What is the floor like?
- What is the lighting like?
- What is the temperature like?
- What is the noise like?
- What is the ventilation like?

Person:

- What is the person's age?
- What is the person's sex?
- What is the person's height?
- What is the person's weight?
- What is the person's fitness?
- What is the person's experience?
- What is the person's attitude?

INDIVIDUAL

- Are they fit to do the task?
- Does it require a capability?
- Does personal protective equipment need to be worn?
- Is the load a problem for people like them?



The assessment should be carried out by the person doing the task.

EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

1. Assess the likely risk of injury from the task.
2. Put in place a safe system of work to control the risk.
3. Provide training for employees on the safe system of work.
4. Provide equipment and materials to control the risk.
5. Monitor the system of work to ensure it remains safe.

EMPLOYEES DUTIES

Employees should:

1. Follow the safe system of work.
2. Use equipment and materials correctly.
3. Report any problems to the employer.
4. Report any injuries to the employer.
5. Report any near misses to the employer.

PREVENTING BACK PAIN

As well as the measures above, there are other things you can do to help prevent back pain, such as:

1. Keep your weight under control.
2. Exercise regularly to keep your muscles strong.
3. Eat a healthy diet to keep your bones strong.
4. Stop smoking, as it can weaken your bones.
5. Take regular breaks from heavy work.
6. Use the correct manual handling techniques.
7. Report any back pain to your employer.

HANDLING TECHNIQUES

Think - PLAN

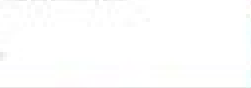
- Where am I going?
- What am I lifting?
- What are the options?
- Are there any aids available?
- Do I need help?
- Do I need to remove any obstacles?



The assessment should be carried out by the person doing the task.

Think - MOVE

- Move the load in the correct direction.
- Move the load in the correct way.
- Move the load in the correct place.
- Move the load in the correct time.



Think - LIFT

- Lift the load in the correct way.
- Lift the load in the correct place.
- Lift the load in the correct time.



The assessment should be carried out by the person doing the task.

Think - PUT

- Put the load in the correct way.
- Put the load in the correct place.
- Put the load in the correct time.



Manual Handling Code Of Practice For Nurses

**Richard A. Griffith, Bridgit
Dimond, Iwan Dowie**



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