

# Safe Manual Handling

## Introduction

### LEGISLATION

More than a 1/3 of injuries reported to the Health and Safety Executive are from lifting, lowering, pushing, pulling, carrying, or moving. These injuries are costly to the employer and the employee. The Manual Handling Operations Regulations 1992 (amended 2002) require any employer whose work involves lifting, lowering, or moving a load to take steps to reduce the number of accidents and injuries from these activities.

### TYPES OF INJURY

The back is a source of trouble with a lot depending on its condition. There are 3 types of injuries which can occur to the spine. These are:

1. Strain, such as sprains and tears that occur over time due to repetitive movements.
2. Sprains, such as twisting, forwards and back, which can occur.
3. Fractures, such as breaks in the bone.

The types of injury that occur are:

1. Strain, such as sprains and tears that occur over time due to repetitive movements.
2. Sprains, such as twisting, forwards and back, which can occur.
3. Fractures, such as breaks in the bone.

Where to contact regarding Manual Handling

Name	Address	Post

Anywhere in the musculo-skeletal system can be injured.

## Risk Assessment 1

The purpose of a risk assessment is to:

1. Identify hazardous activities or tasks in the work environment.
2. Assess the risks to health and safety.
3. Identify the measures to control the risks.
4. Record the findings of the assessment.
5. Review the assessment.

The person carrying out the assessment should be:

1. Competent in the assessment process.
2. Able to identify the hazards.
3. Able to assess the risks.
4. Able to identify the measures to control the risks.
5. Able to record the findings of the assessment.
6. Able to review the assessment.

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

## Good Handling Techniques 1

### GOOD HANDLING TECHNIQUES

#### Posture - PLANE

Keep your back straight!  
What are you lifting?  
What are you carrying?  
Are there any weights involved?  
Do you need help?  
Do you need to move any equipment?

#### Posture - FEET

Are you standing on a level surface?  
Place your feet apart in a comfortable position.  
Place the leading foot in a comfortable position, slightly forward in the direction of travel.

#### Posture - HEAD/NECK

Keep the spine in the neutral alignment.  
Move from the knees but do not over-rotate.  
Keep shoulders and knees in neutral alignment.  
Keep the shoulders level.

## Employers & Employees

### EMPLOYERS DUTIES

Employers should:

1. Assess the risks to health and safety from manual handling.
2. Assess the risks to health and safety from manual handling.
3. Assess the risks to health and safety from manual handling.
4. Assess the risks to health and safety from manual handling.
5. Assess the risks to health and safety from manual handling.
6. Assess the risks to health and safety from manual handling.
7. Assess the risks to health and safety from manual handling.
8. Assess the risks to health and safety from manual handling.
9. Assess the risks to health and safety from manual handling.
10. Assess the risks to health and safety from manual handling.

### EMPLOYEES DUTIES

Employees should:

1. Follow the instructions of the employer.
2. Follow the instructions of the employer.
3. Follow the instructions of the employer.
4. Follow the instructions of the employer.
5. Follow the instructions of the employer.
6. Follow the instructions of the employer.
7. Follow the instructions of the employer.
8. Follow the instructions of the employer.
9. Follow the instructions of the employer.
10. Follow the instructions of the employer.

### PREVENTING BACK PAIN

As well as the measures above there are actions that you can take to help prevent back pain. These are:

1. Keep your weight under control.
2. Keep your weight under control.
3. Keep your weight under control.
4. Keep your weight under control.
5. Keep your weight under control.
6. Keep your weight under control.
7. Keep your weight under control.
8. Keep your weight under control.
9. Keep your weight under control.
10. Keep your weight under control.

## Risk Assessment 2

### RISK

The whole task should be looked at from the beginning to the end. Some of the risks which need to be considered are:

- 1. The weight of the load.
- 2. The frequency of the task.
- 3. The posture of the worker.
- 4. The environment.
- 5. The equipment.
- 6. The training.
- 7. The experience.
- 8. The health.
- 9. The age.
- 10. The sex.

### INDIVIDUAL

Are they fit and healthy to carry out the task?  
Are they trained and experienced?  
Are they aware of the risks?  
Are they aware of the measures to control the risks?  
Are they aware of the consequences of not following the measures to control the risks?

### LOAD

Is it too heavy?  
Is it too bulky?  
Is it too awkward?  
Is it too hot?  
Is it too cold?  
Is it too slippery?  
Is it too sharp?  
Is it too noisy?  
Is it too smelly?  
Is it too bright?  
Is it too dark?

### ENVIRONMENT

Is the floor slippery?  
Is the floor uneven?  
Is the floor too hot?  
Is the floor too cold?  
Is the floor too noisy?  
Is the floor too smelly?  
Is the floor too bright?  
Is the floor too dark?

## Good Handling Techniques 2

### Posture - KNEE

Keep the knees bent.  
Are the knees bent?  
Are the knees bent?  
Are the knees bent?  
Are the knees bent?  
Are the knees bent?  
Are the knees bent?  
Are the knees bent?  
Are the knees bent?  
Are the knees bent?

### Posture - LIFT

Keep the spine in the neutral alignment.  
Move from the knees but do not over-rotate.  
Keep shoulders and knees in neutral alignment.  
Keep the shoulders level.

# Information On Manual Handling People

**Puja Mehta**



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