

Safe Manual Handling

INTRODUCTION

LEGISLATION

More than a 100 European countries in the world have signed European and national laws on manual handling and lifting. These regulations are mostly in the workplace and for employers. The most important European Regulations (1984, 1986 and 1989) apply to most workplaces. However, some countries, for example, the Netherlands, have extended the number of activities excluded from these provisions.



TYPES OF INJURY

The back is a series of bones with a thin supporting cartilage between them and ligaments, which support the spine. There is a protection mechanism to warn you about potential harm to your back.

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 bruising. Fractures and dislocations also 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 may be changed to the situation, to look at the existing conditions and to decide if further improvements are necessary.

The person carrying out the assessment should be:

1. Able to use the 'Four components of health and safety' in their **Regulatory Skills**, the **Manual Handling Department**, **Department** and **Department** and any arrangements in writing.
2. Able to use the processes being carried out.
3. Competent to carry out the task.



The assessment should be written down and the recommendations used upon future assessment procedures.



TASK

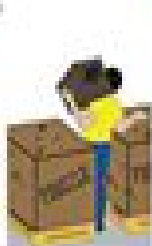
The whole task should be looked at from the beginning to the end. Some of these aspects need to be considered:

- Is it a one-off task?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?



INDIVIDUAL

- How long it will be done for?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?



LOAD

- Is it a one-off task?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
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ENVIRONMENT

- Is it a one-off task?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?

EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

1. Assess the risks of injury to health and safety from manual handling activities in the workplace.
2. Plan a safe system of work.
3. Assess the risks of injury to health and safety from manual handling activities in the workplace.
4. Assess the risks of injury to health and safety from manual handling activities in the workplace.
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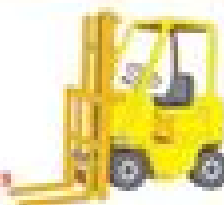
EMPLOYEES DUTIES

1. Follow the system of work.
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6. Follow the system of work.
7. Follow the system of work.
8. Follow the system of work.

PREVENTING BACK PAIN

Do not do the previous above these are actions that you can do to help prevent back pain.

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HANDLING TECHNIQUES

Think - PLAN

- Where am I going?
- What am I doing?
- What is the object?
- Are there any other obstacles?
- Do I need help?
- Do I need to remove any obstacles?



Think - ASSESS

- Is it a one-off task?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?



Think - FEEL

- Keep the spine in its normal alignment.
- Keep the spine in its normal alignment.
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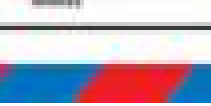
Think - LIFT

- Keep the spine in its normal alignment.
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Think - PUT

- Keep the spine in its normal alignment.
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General Manual Handling Policy

Raffaella Di Napoli



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1. Understanding the eBook General Manual Handling Policy
 - The Rise of Digital Reading General Manual Handling Policy
 - Advantages of eBooks Over Traditional Books
2. Identifying General Manual Handling Policy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an General Manual Handling Policy
 - User-Friendly Interface
4. Exploring eBook Recommendations from General Manual Handling Policy
 - Personalized Recommendations
 - General Manual Handling Policy User Reviews and Ratings
 - General Manual Handling Policy and Bestseller Lists
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 - Highlighting and Note-Taking General Manual Handling Policy
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 - Participating in Virtual Book Clubs
 - Following Authors and Publishers General Manual Handling Policy
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 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection General Manual Handling Policy
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine General Manual Handling Policy
 - Setting Reading Goals General Manual Handling Policy
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of General Manual Handling Policy
 - Fact-Checking eBook Content of General Manual Handling Policy
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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