

Safe Manual Handling

Introduction

Legislation

The Health and Safety at Work Act 1974 requires employers to ensure the health and safety of their employees and to provide them with the necessary information, instruction, training and supervision to enable them to do so. The Health and Safety Regulations 1992 require employers to assess the risks to the health and safety of their employees from the work they do and to take steps to control those risks.



Types of injury

The spine is a jointed structure with a lot of flexibility. It is made up of vertebrae and intervertebral discs. The discs are the cushions between the vertebrae. They are made of a soft, jelly-like substance called nucleus pulposus. The discs are compressed when you stand or sit and expand when you lie down.

- Other types of injury that occur are:
1. Strains: when the muscles or ligaments are stretched or torn.
 2. Sprains: when the ligaments are stretched or torn.
 3. Bruises: when the soft tissue is damaged.
 4. Fractures: when the bone is broken.

Anywhere in the musculo-skeletal system can be injured.



Risk Assessment

The purpose of risk assessment is to identify hazards and assess the risk to health and safety. It is a systematic process of identifying hazards, assessing the risk, and implementing measures to control the risk.

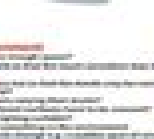
- The general principles of risk assessment should be:
1. Identify the hazards.
 2. Assess the risk.
 3. Implement measures to control the risk.



The assessment should be written down and the measures implemented to control the risk.



- Types**
- 1. Lifting: moving a load from the ground or a lower level to a higher level.
 - 2. Carrying: moving a load from one place to another.
 - 3. Pushing: moving a load away from the body.
 - 4. Pulling: moving a load towards the body.
 - 5. Holding: supporting a load.
 - 6. Storing: placing a load in a container.
 - 7. Retrieving: taking a load from a container.
 - 8. Unloading: removing a load from a container.
 - 9. Loading: putting a load into a container.
 - 10. Unloading: removing a load from a container.



- Individual**
- 1. Age: older people are more at risk of injury.
 - 2. Sex: men are more at risk of injury than women.
 - 3. Height: taller people are more at risk of injury.
 - 4. Weight: heavier people are more at risk of injury.
 - 5. Fitness: fitter people are less at risk of injury.
 - 6. Experience: more experienced people are less at risk of injury.
 - 7. Training: trained people are less at risk of injury.
 - 8. Supervision: supervised people are less at risk of injury.
 - 9. Information: informed people are less at risk of injury.
 - 10. Motivation: motivated people are less at risk of injury.



The assessment should be written down and the measures implemented to control the risk.

Employers & Employees

Employers duties

1. Provide a safe system of work.
2. Provide a safe working environment.
3. Provide a safe working method.
4. Provide a safe working equipment.
5. Provide a safe working information.
6. Provide a safe working supervision.
7. Provide a safe working training.
8. Provide a safe working motivation.
9. Provide a safe working information.
10. Provide a safe working supervision.



Employees duties

1. Follow the safe system of work.
2. Follow the safe working environment.
3. Follow the safe working method.
4. Follow the safe working equipment.
5. Follow the safe working information.
6. Follow the safe working supervision.
7. Follow the safe working training.
8. Follow the safe working motivation.
9. Follow the safe working information.
10. Follow the safe working supervision.

Preventing back pain

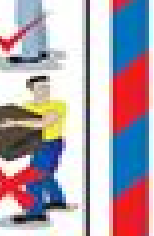
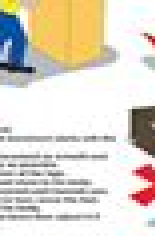
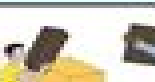
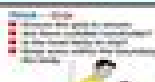
1. Do not lift or move heavy loads.
2. Do not lift or move loads in a awkward position.
3. Do not lift or move loads in a confined space.
4. Do not lift or move loads in a restricted area.
5. Do not lift or move loads in a restricted area.
6. Do not lift or move loads in a restricted area.
7. Do not lift or move loads in a restricted area.
8. Do not lift or move loads in a restricted area.
9. Do not lift or move loads in a restricted area.
10. Do not lift or move loads in a restricted area.



Handling Techniques

Basic - lift

- 1. Keep the feet apart.
- 2. Keep the knees bent.
- 3. Keep the back straight.
- 4. Keep the head up.
- 5. Keep the arms straight.
- 6. Keep the feet apart.
- 7. Keep the knees bent.
- 8. Keep the back straight.
- 9. Keep the head up.
- 10. Keep the arms straight.



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