

Safe Manual Handling

INTRODUCTION

Help reduce the risk of musculoskeletal disorders.



TYPE INJURY

The most common type of injury is to the back. This is because the back is the most vulnerable part of the body. It is also the most important part of the body. It is the only part of the body that can be injured in a way that can lead to permanent disability.



Anywhere in the body.

The whole skeletal system can be injured.

RISK ASSESSMENT

The purpose of a risk assessment is to:

- Identify hazardous activities for lifting or lowering, pushing or pulling, carrying, holding, or reaching.
- Identify the people who are at risk of injury from these activities.
- Identify the measures that can be taken to reduce the risk of injury.

The person carrying out the assessment should be:

- Trained in the assessment of health and safety risks.
- Trained in the assessment of the specific risks of the task.
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- Check:**
- Are you lifting or lowering the load properly?
 - Are you pushing or pulling the load properly?
 - Are you carrying or holding the load properly?
 - Are you reaching for the load properly?
 - Are you using the correct technique for lifting or lowering the load?
 - Are you using the correct technique for pushing or pulling the load?
 - Are you using the correct technique for carrying or holding the load?
 - Are you using the correct technique for reaching for the load?

LOAD

- Is the load too heavy?
- Is the load too bulky?
- Is the load too awkward?
- Is the load too hot or cold?
- Is the load too slippery?
- Is the load too fragile?
- Is the load too sharp?
- Is the load too noisy?



ENVIRONMENT

- Is the floor slippery?
- Is the floor uneven?
- Is the floor too hot or cold?
- Is the floor too noisy?
- Is the floor too dark?
- Is the floor too bright?
- Is the floor too cluttered?
- Is the floor too narrow?



EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

- Assess the likely risk of injury from manual handling operations.
- Put in place a safe system of work to reduce the risk of injury.
- Provide training to employees on safe manual handling techniques.



EMPLOYEES DUTIES

Employees should:

- Follow the instructions of the employer.
- Use the correct technique for lifting or lowering the load.
- Use the correct technique for pushing or pulling the load.
- Use the correct technique for carrying or holding the load.
- Use the correct technique for reaching for the load.

PREVENTING BACK PAIN

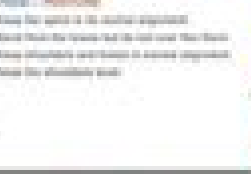
As well as the measures above, there are other things that you can do to help prevent back pain. These are:

- Keep your weight under control.
- Exercise regularly.
- Don't smoke.
- Don't drink too much alcohol.
- Don't use drugs.
- Don't use a car seat belt when you are driving.
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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?



Manual Handling Code Of Practice For Nurses

Daniel F McAuley



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