

Safe Manual Handling

INTRODUCTION

LEGISLATION

More than a 100 countries report on the health and safety of workers and that countries working towards meeting these goals. These reports are usually in the workplace and the workplace. The World Health Organization (WHO) reports that about 100 million people are injured or disabled each year due to occupational accidents. In 2000, a European Commission report estimated that 10 million people are injured or disabled each year due to occupational accidents.



TYPES OF INJURY

The body is a series of bones with a thin, watery, cartilaginous tissue. These cartilages are made of collagen, which supports the body. They are a protective mechanism to wear down and protect the body from injury.

The types of injury that occur are:

1. Strain, back, shoulder, and knee that occur when the body is subjected to excessive force.
2. Sprain, cut and bruising, fracture and dislocation that occur.

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

The purpose of a risk assessment is to:

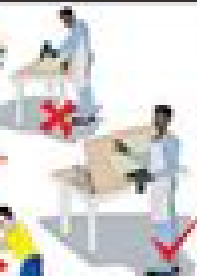
1. Identify hazardous practices by looking at the **Task**, **Individual**, **Load**, and the **Environment**. Then to decide what steps to be taken to reduce the risk of the existing conditions and to decide if further action is necessary.

The person carrying out the assessment should be:

1. Able to see the task, the equipment, the load, and the environment.
2. Able to see the person carrying out the task.
3. Able to see the person carrying out the task.
4. Able to see the person carrying out the task.



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



TASK

The task should be looked at from the beginning to the end. Some of the things to look at are:

- Is it a one-off task?
- How often is it done?
- How long does it take to do?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?



INDIVIDUAL

- How old is the person?
- How fit is the person?
- How often is the person working?
- How often is the person working?
- How often is the person working?
- How often is the person working?
- How often is the person working?
- How often is the person working?



LOAD

- Is it a one-off task?
- How often is it done?
- How long does it take to do?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?

ENVIRONMENT

- Is it a one-off task?
- How often is it done?
- How long does it take to do?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?

EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

1. Assess the risk of injury to the employee.
2. Assess the risk of injury to the employee.
3. Assess the risk of injury to the employee.
4. Assess the risk of injury to the employee.
5. Assess the risk of injury to the employee.
6. Assess the risk of injury to the employee.
7. Assess the risk of injury to the employee.
8. Assess the risk of injury to the employee.

EMPLOYEES DUTIES

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6. Assess the risk of injury to the employee.
7. Assess the risk of injury to the employee.
8. Assess the risk of injury to the employee.

PREVENTING BACK PAIN

Do not do the following things that you can do to help prevent back pain:

- Do not do the following things that you can do to help prevent back pain.
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- Do not do the following things that you can do to help prevent back pain.



HANDLING TECHNIQUES

Think - PLAN

- Where am I going?
- What am I doing?
- What is the task?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?



Think - ASSESS

- Is it a one-off task?
- How often is it done?
- How long does it take to do?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?



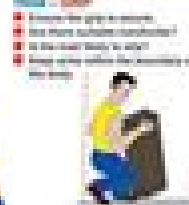
Think - FEEL

- Is it a one-off task?
- How often is it done?
- How long does it take to do?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?



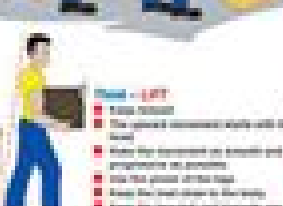
Think - DO

- Where am I going?
- What am I doing?
- What is the task?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?



Think - LIFT

- Where am I going?
- What am I doing?
- What is the task?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?
- How often is it done?



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RC Schank

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the RC Schank text.

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