

Safe Manual Handling

INTRODUCTION

LEGISLATION

More than a 100 countries report on the health and safety of workers and that countries issuing manual handling guidelines. These reports are usually in the workplace and the workplace. The most common legislative measures are: (1) laws and (2) codes of practice. The most common legislative measures are: (1) laws and (2) codes of practice. The most common legislative measures are: (1) laws and (2) codes of practice.



TYPES OF INJURY

The back is a series of bones with a thin, surrounding cartilage. These cartilages are flexible, absorb shock and support the spine. They are a protection mechanism to prevent any sudden jolts or falls.

The types of injury that occur are:

1. Strain, back muscle and tissue that occur when the back is subjected to excessive force.
2. Sprain, joint and ligament, fracture and dislocation that occur.

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

The purpose of a risk assessment is to:

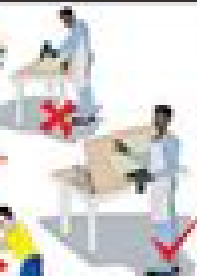
1. Identify hazardous practices by looking at the **Task**, **Individual**, **Load** and the **Environment**. Then to decide what steps to be taken to reduce the risk of the existing conditions and to decide if further action is necessary.

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 task, the equipment, the load and the environment.
3. Able to see the task, the equipment, the load and the environment.
4. Able to see the task, the equipment, the load and the environment.



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?
- Is it a regular task?
- Is it a one-off task?
- Is it a regular task?
- Is it a one-off task?
- Is it a regular task?
- Is it a one-off task?
- Is it a regular task?



INDIVIDUAL

- Is the person fit and healthy to carry out the task?
- Is the person fit and healthy to carry out the task?
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LOAD

- Is it a one-off task?
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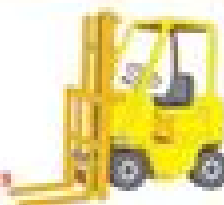
ENVIRONMENT

- Is it a one-off task?
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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.
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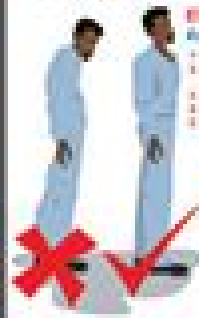


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PREVENTING BACK PAIN

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8. Assess the risk of injury to the employee.



HANDLING TECHNIQUES

Think - PLAN

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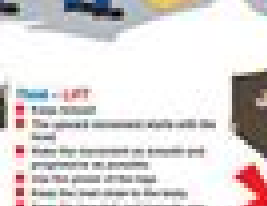
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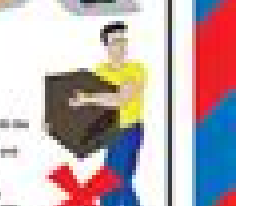
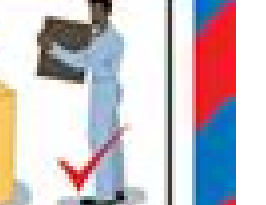
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