

MANUAL HANDLING

THE DEFINITION:

"MOVEMENT OF A LOAD BY ONE, OR MORE, PERSONS."

MECHANICAL EQUIPMENT:



TROLLEYS

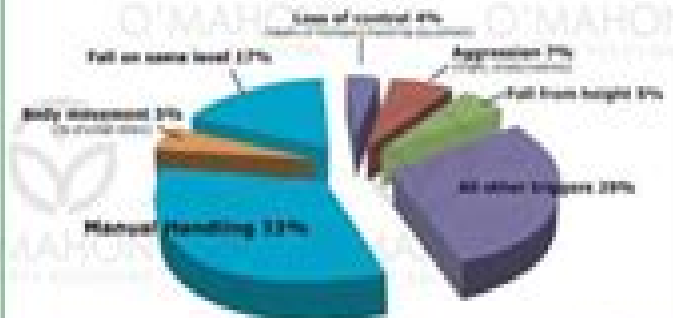
HAND TRUCK

ELECTRIC
HAND TRUCK

FORKLIFT

THE ACCIDENT STATISTICS

WORKPLACE ACCIDENT STATISTICS



PRINCIPALS OF MANUAL HANDLING

- ASSESS- RISK
- STAND CLOSE TO LOAD
- BROAD STABLE BASE, FEET IN DIRECTION OF TRAVEL
- LOOK FORWARD TO ALIGN SPINE
- BEND KNEES
- FIRM PALM GRIP/ ARMS IN LINE WITH TRUNK
- MOVE SMOOTHLY USING THE POWER OF THE LEGS

TOLE

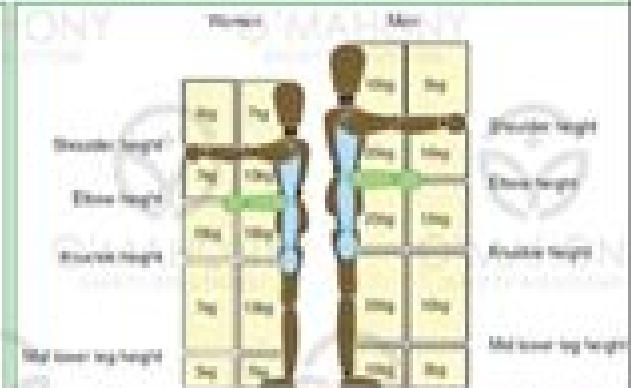
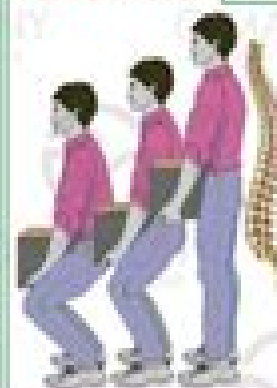
TASK: (WHAT MOVEMENTS AND BODY POSTURES PUT PRESSURE ON THE BACK?)

INDIVIDUAL: (WHAT CHARACTERISTICS OF A PERSON MAKE THEM MORE AT RISK?)

LOAD: (WHAT CHARACTERISTICS OF THE LOAD INCREASE THE RISK?)

ENVIRONMENT: (WHAT ASPECTS OF THE ENVIRONMENT WILL INCREASE THE RISK?)

CORRECT LIFTING POSTURE



Manual Handling Drybrook Gloucestershire

**Great Britain. Health and Safety
Executive**



Manual Handling Drybrook Gloucestershire:

Ultimate Guide to Manual Handling Lee Marsh,2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way Manual Handling North Sea Lifting Staff,2002-01-01 **Getting to Grips with Manual Handling** ,2002 Getting to Grips with Manual Handling A Short Guide for Employers Manual Handling New Zealand. Occupational Safety & Health Service,1991 **Manual Handling** James Staples,British Safety Council,1993* FBPOPR1010 SNAZZY Learning Solutions,2020 This unit of competency describes the skills and knowledge required to identify manual handling requirements of a work function use manual handling aids to lift or move items and identify and assess manual handling risks This unit applies to individuals who work alongside a supervisor in most situations and exercise limited autonomy *Getting to Grips with Manual Handling* Great Britain. Health and Safety Executive,Health And Safety Executive Staff,1994-12-01 **Getting to Grips with Manual Handling** Great Britain. Health and Safety Executive,1999 **Manual Handling in the Manufacturing Industry** New Zealand. Occupational Safety & Health Service,1991 **Manual Handling at Work** GREAT BRITAIN: HEALTH AND SAFETY EXECUTIVE.,2012-11
Manual Handling ,1997 *Safe Moving and Handling Made Easy* Shona Eyre,2016 **HLTHSE204C Follow Safe Manual Handling Practices** Health Training Australia Inc.,2012-01-23 **Getting to Grips with Manual Handling** ,2004-01 Offers guidance on the problems associated with manual handling and sets out best practice in dealing with them This title is suitable for managers of small firms or similar organisations **Manual handling** Health and Safety Executive,1994 Manual handling British Safety Council,2010 **Manual Handling** South Australia. Dept. for Administrative and Information Services. SafeWork SA.,2003 **Manual Handling** Safety Media Ltd,2003-01-01
Manual Materials Handling M M Ayoub,1989-09-21 A thorough explanation of the quantifying of manual lifting The failure to match strength to task costs billions of dollars each year in medical and compensation payments Ayoub and Mital argue forcefully for pre employment testing of manual workers They cover variables in materials handling tasks mechanics of lifting pulling and pushing carrying and supporting loads proper training and suitable rest periods Annotation copyrighted by Book News Inc Portland OR **Guide to Manual Materials Handling** A. Mital,2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person s capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design

approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives

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