

Safe Manual Handling

INTRODUCTION



RISK ASSESSMENT



TYPE INJURY

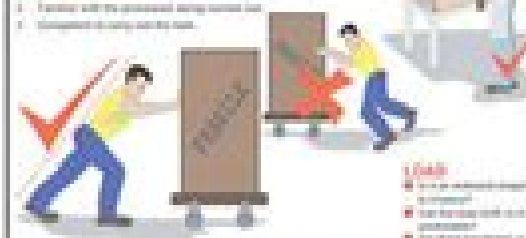
- The most common type of injury is to the lower back. These are repetitive strain injuries which can be prevented by using the correct technique.
- 1. Lifting and lowering the load correctly
 - 2. Carrying and pushing and pulling loads correctly
 - 3. Reaching and twisting the body correctly
 - 4. Standing and walking correctly
 - 5. Stopping and resting correctly



The purpose of a risk assessment is to identify hazardous activities by looking at the task, the environment, the equipment, the people and the materials. It is a tool to help you to prevent accidents and injuries.

The person carrying out the assessment should be:

1. Familiar with the Management of Health and Safety at Work Regulations 1992. The Management of Health and Safety at Work Regulations 1992 provide the legal basis for the assessment.
2. Familiar with the assessment process and the use of the assessment form.
3. Competent to carry out the task.



The assessment should be written down and the assessment form kept where necessary for future reference.

The whole task should be looked at and the responsibility for the task should be assigned to the person who is to carry it out.

- 1. Is the task necessary?
- 2. Can the job be done in a safer way?
- 3. Can the job be done by a different person?
- 4. Can the job be done by a different method?
- 5. Can the job be done by a different piece of equipment?
- 6. Can the job be done by a different person?
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- 98. Can the job be done by a different piece of equipment?
- 99. Can the job be done by a different person?
- 100. Can the job be done by a different method?



INDIVIDUAL

- 1. Are they fit to do the task?
- 2. Does it require a capability?
- 3. Does personal protective equipment need to be worn?
- 4. Is the load a problem for people e.g. people with a back problem?



EMPLOYERS & EMPLOYEES



HANDLING TECHNIQUES



EMPLOYERS DUTIES

Employers should:

1. Assess the likely risk of injury from the handling operation.
2. Put in place a safe system of work to prevent injury.
3. Provide training and information to employees.
4. Provide the correct equipment and materials.
5. Provide the correct environment.
6. Provide the correct supervision.
7. Provide the correct encouragement.
8. Provide the correct motivation.
9. Provide the correct feedback.
10. Provide the correct reinforcement.
11. Provide the correct consequences.
12. Provide the correct rewards.
13. Provide the correct recognition.
14. Provide the correct appreciation.
15. Provide the correct respect.
16. Provide the correct dignity.
17. Provide the correct privacy.
18. Provide the correct security.
19. Provide the correct property.
20. Provide the correct information.
21. Provide the correct communication.
22. Provide the correct interaction.
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25. Provide the correct link.
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27. Provide the correct tie.
28. Provide the correct knot.
29. Provide the correct fastener.
30. Provide the correct closure.
31. Provide the correct seal.
32. Provide the correct cap.
33. Provide the correct cover.
34. Provide the correct protection.
35. Provide the correct shield.
36. Provide the correct barrier.
37. Provide the correct obstacle.
38. Provide the correct obstruction.
39. Provide the correct hindrance.
40. Provide the correct impediment.
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42. Provide the correct disturbance.
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EMPLOYEES DUTIES

Employees should:

1. Follow the safe system of work.
2. Use the correct equipment and materials.
3. Use the correct technique.
4. Use the correct posture.
5. Use the correct environment.
6. Use the correct supervision.
7. Use the correct encouragement.
8. Use the correct motivation.
9. Use the correct feedback.
10. Use the correct reinforcement.
11. Use the correct consequences.
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PREVENTING BACK PAIN

As well as the prevention above there are actions that you can take to help prevent back pain.

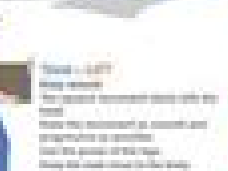
1. Keep your weight under control.
2. Do not smoke.
3. Do not drink too much alcohol.
4. Do not use drugs or medicine without a doctor's advice.
5. Do not use a car seat belt when driving.
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Think - PLAN

- 1. Where am I going?
- 2. What am I lifting?
- 3. What are the options?
- 4. Are there any aids available?
- 5. Do I need help?
- 6. Do I need to remove any obstacles?



Think - PLAN
Before you start a task, think about the task and the equipment you will need. This will help you to plan the task and avoid any problems.



Manual Handling Safety Moment

Yicheng Fang



Manual Handling Safety Moment:

Safety in Manual Materials Handling ,1978 Safety and Health for Engineers Roger L. Brauer,2022-08-18 SAFETY AND HEALTH FOR ENGINEERS A comprehensive resource for making products facilities processes and operations safe for workers users and the public Ensuring the health and safety of individuals in the workplace is vital on an interpersonal level but is also crucial to limiting the liability of companies in the event of an onsite injury The Bureau of Labor Statistics reported over 4 700 fatal work injuries in the United States in 2020 most frequently in transportation related incidents The same year approximately 2 7 million workplace injuries and illnesses were reported by private industry employers According to the National Safety Council the cost in lost wages productivity medical and administrative costs is close to 1 2 trillion dollars in the US alone It is imperative by law and ethics for engineers and safety and health professionals to drive down these statistics by creating a safe workplace and safe products as well as maintaining a safe environment Safety and Health for Engineers is considered the gold standard for engineers in all specialties teaching an understanding of many components necessary to achieve safe workplaces products facilities and methods to secure safety for workers users and the public Each chapter offers information relevant to help safety professionals and engineers in the achievement of the first canon of professional ethics to protect the health safety and welfare of the public The textbook examines the fundamentals of safety legal aspects hazard recognition and control the human element and techniques to manage safety decisions In doing so it covers the primary safety essentials necessary for certification examinations for practitioners Readers of the fourth edition of Safety and Health for Engineers readers will also find Updates to all chapters informed by research and references gathered since the last publication The most up to date information on current policy certifications regulations agency standards and the impact of new technologies such as wearable technology automation in transportation and artificial intelligence New international information including U S and foreign standards agencies professional societies and other organizations worldwide Expanded sections with real world applications exercises and 164 case studies An extensive list of references to help readers find more detail on chapter contents A solution manual available to qualified instructors Safety and Health for Engineers is an ideal textbook for courses in safety engineering around the world in undergraduate or graduate studies or in professional development learning It also is a useful reference for professionals in engineering safety health and associated fields who are preparing for credentialing examinations in safety and health *The Electrical Handling of Materials* Harold Hodgkinson Broughton,1920 The Ergonomics of Manual Work William Steven Marras,1993 *Safety and Health at Work* ,2000 **Professional Safety** ,2005 **Advances in Occupational Ergonomics and Safety ...** ,1998 National Safety Congress Transactions ,1970 **Bowker's Complete Video Directory** ,2000 **Executive's Manual for Personnel Handling** Prentice-Hall, Inc,1964 **Safety and Health at Work, ILO-CIS Bulletin** ,1998 **Fleet Safety Manual** National Safety Council,1950 *Accident Risks and Preventive Measures in Materials Handling at Construction*

Sites Toivo Niskanen,1993 **Job Safety Training Manual** Kenneth L. Faist,Stanton M. Newkirk,1945 **The Handbook of Health and Safety Practice** Jeremy W. Stranks,2000 Updated with late 1990s legislation and recent thinking in the field of health and safety practice this text incorporates both legal and practical concerns and is allied closely to the syllabi of NEBOSH IOSH and the Chartered Institute of Environmental Health examinations **Proceedings of the 1984 International Conference on Occupational Ergonomics** ,1984 **Public Works Manual** ,1998 **Cmd** ,1953
 Parliamentary Papers Great Britain. Parliament. House of Commons,1953 **Brotherhood of Locomotive Firemen and Enginemen's Magazine** ,1926

This book delves into Manual Handling Safety Moment. Manual Handling Safety Moment is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Manual Handling Safety Moment, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Manual Handling Safety Moment
 - Chapter 2: Essential Elements of Manual Handling Safety Moment
 - Chapter 3: Manual Handling Safety Moment in Everyday Life
 - Chapter 4: Manual Handling Safety Moment in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Manual Handling Safety Moment. The first chapter will explore what Manual Handling Safety Moment is, why Manual Handling Safety Moment is vital, and how to effectively learn about Manual Handling Safety Moment.
 3. In chapter 2, this book will delve into the foundational concepts of Manual Handling Safety Moment. The second chapter will elucidate the essential principles that must be understood to grasp Manual Handling Safety Moment in its entirety.
 4. In chapter 3, the author will examine the practical applications of Manual Handling Safety Moment in daily life. The third chapter will showcase real-world examples of how Manual Handling Safety Moment can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Manual Handling Safety Moment in specific contexts. The fourth chapter will explore how Manual Handling Safety Moment is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Manual Handling Safety Moment. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Manual Handling Safety Moment.

<https://www.splashdogs.com/data/publication/index.jsp/fuse%20box%20diagram%20for%2098%20honda%20civic.pdf>

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Manual Handling Safety Moment Introduction

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