

# 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, kneeling and working correctly
  - 5. Storing and stacking correctly



The purpose of a risk assessment is to identify hazardous activities by looking at the task, the environment, the people involved and the equipment used. The assessment should be carried out by the person doing the work or a competent person.

The person carrying out the assessment should be:

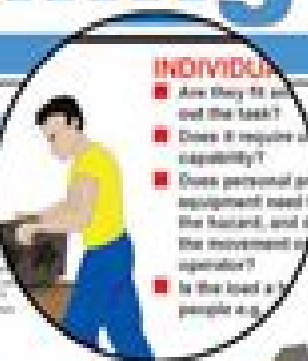
1. Familiar with the Management of Health and Safety at Work Regulations 1992. The Management of Health and Safety at Work Regulations 1992 require employers to carry out a risk assessment for any activity involving a risk.
2. Familiar with the assessment process and the equipment used.
3. Competent to carry out the task.



The assessment should be written down and the assessment should be reviewed when necessary.

### Task

- 1. What is the task?
- 2. What is the purpose of the task?
- 3. What is the frequency of the task?
- 4. What is the volume of the task?
- 5. What is the weight of the load?
- 6. What is the height of the load?
- 7. What is the distance of the load?
- 8. What is the time taken to complete the task?
- 9. What is the time taken to return the load?
- 10. What is the time taken to return the load?



### 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 person can lift?



## 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 for employees.
4. Provide information for employees.
5. Provide a safe working environment.



### EMPLOYEES DUTIES

#### Employees should:

1. Follow the safe system of work.
2. Report any unsafe conditions to the employer.
3. Report any injury to the employer.
4. Report any equipment that is faulty.
5. Report any equipment that is damaged.

### PREVENTING BACK PAIN

As well as the general advice there are certain things you can do to help prevent back pain.

1. Keep your weight under control.
2. Do not smoke.
3. Do not drink alcohol.
4. Do not drink too much.
5. Do not drink too much.
6. Do not drink too much.
7. Do not drink too much.
8. Do not drink too much.
9. Do not drink too much.
10. Do not drink too much.

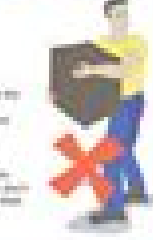
### Think - PLAN

- 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 - LIFT

- 1. Keep the load close to the body.
- 2. Bend the knees and hips.
- 3. Keep the back straight.
- 4. Lift with the legs.
- 5. Lift with the legs.
- 6. Lift with the legs.
- 7. Lift with the legs.
- 8. Lift with the legs.
- 9. Lift with the legs.
- 10. Lift with the legs.



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**Wolfgang Guggemos**



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