

Safe Manual Handling

INTRODUCTION



RISK ASSESSMENT



TYPE INJURY

- The most common type of injury is to the back. These are repetitive strain injuries which can be prevented by following the guidelines in this leaflet.
- 1. Avoid lifting or carrying heavy loads.
 - 2. Avoid twisting or bending the back.
 - 3. Avoid standing or working in awkward positions.
 - 4. Avoid working in poor lighting.
 - 5. Avoid working in poor ventilation.



The purpose of a risk assessment is to identify hazards and assess the risk of injury or illness from these hazards. It is a systematic process for identifying hazards and assessing the risk of injury or illness from these hazards.

The process of carrying out the assessment should be:

1. Identify the hazards of the task.
2. Assess the risk of injury or illness from these hazards.
3. Identify the measures that can be taken to reduce the risk.
4. Implement the measures that can be taken to reduce the risk.



Signs
The signs that should be looked for are those that indicate a risk of injury or illness. These signs are:

- 1. Pain or discomfort.
- 2. Swelling or redness.
- 3. Numbness or tingling.
- 4. Loss of strength or endurance.
- 5. Loss of balance or coordination.
- 6. Loss of concentration.
- 7. Loss of interest in the work.
- 8. Loss of motivation.
- 9. Loss of confidence.
- 10. Loss of respect.



Individual
Are they fit to do the task?
Does it require a capability?
Does personal protective equipment need to be worn?
Is the load a problem for people of a certain age?

The assessment should be written down and the measures that can be taken to reduce the risk should be implemented.

Load
Is it too heavy?
Is it too bulky?
Is it too awkward?
Is it too hot or cold?
Is it too noisy?
Is it too bright?
Is it too dark?
Is it too slippery?
Is it too rough?

Environment
Is it too hot or cold?
Is it too noisy?
Is it too bright?
Is it too dark?
Is it too slippery?
Is it too rough?

Person
Is the person fit to do the task?
Is the person capable of doing the task?
Is the person motivated to do the task?
Is the person confident to do the task?

Task
Is the task too heavy?
Is the task too bulky?
Is the task too awkward?
Is the task too hot or cold?
Is the task too noisy?
Is the task too bright?
Is the task too dark?
Is the task too slippery?
Is the task too rough?

EMPLOYERS & EMPLOYEES



HANDLING TECHNIQUES



EMPLOYERS DUTIES

Employers should:

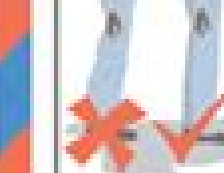
1. Assess the likely risk of injury or illness from the handling operation.
2. Put in place a safe system of work to reduce the risk.
3. Provide training for employees.
4. Provide information for employees.
5. Provide supervision for employees.



EMPLOYEES DUTIES

Employees should:

1. Follow the safe system of work.
2. Use the correct lifting technique.
3. Use the correct carrying technique.
4. Use the correct stacking technique.
5. Use the correct unstacking technique.
6. Report any problems to the supervisor.

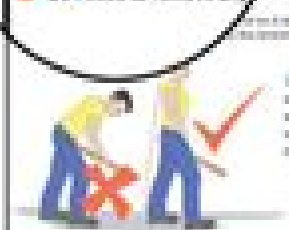


PREVENTING BACK PAIN

- As well as the guidelines above there are other things you can do to help prevent back pain.
- 1. Keep your weight under control.
 - 2. Exercise regularly.
 - 3. Eat a healthy diet.
 - 4. Get enough sleep.
 - 5. Stop smoking.
 - 6. Get your eyes checked.
 - 7. Get your teeth checked.
 - 8. Get your hearing checked.
 - 9. Get your vision checked.
 - 10. Get your blood pressure checked.
 - 11. Get your cholesterol checked.
 - 12. Get your diabetes checked.
 - 13. Get your asthma checked.
 - 14. Get your allergies checked.
 - 15. Get your mental health checked.

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 lift, think about the task. Ask yourself the following questions:

- 1. Where am I going?
- 2. What am I lifting?
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- 5. Do I need help?
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Manual Handling And Impact On Individuals

Robert R. Redfield



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