

TOP 10 TIPS FOR MANUAL HANDLING

1

Assess before you handle or lift anything: your capability & the task itself



2

Adopt a good posture; maintain spine in natural curves



3

Avoid stooping. Stooping results in damage to discs, ligaments and muscles as they work at the end of their range



4

Adopt a stable base



5

Make sure you have a secure grip on the load



6

Avoid twisting (damages discs, muscles and ligaments)



7

Hold the load object/person close



8

Use smooth flowing movements to prevent injury to muscles and ligaments



9

Handle tasks at low level with extra care.

10

Avoid prolonged effort in static positions.

Main Points Of Manual Handling

M Tight



Main Points Of Manual Handling:

Manual Handling in Health and Social Care, Second Edition Michael Mandelstam, 2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases Manual Handling in Health and Social Care Michael Mandelstam, 2002-02-15 This book presents an accessible overview of manual handling legislation legal case law national guidance policy and practice A stand alone overview of manual handling law and practice is followed by more in depth material in A Z format and fully cross referenced which allows the reader to look up issues for quick access to more information **Caring in the Community** Helen Croft, 2015-05-20 Personal carers in Australia s community care environment offer crucial daily support to the frail aged to those with a disability and to primary carers Caring in the Community provides a solid practical introduction to the role and responsibilities for workers caring for clients in their own homes 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 Technical Manual United States Department of the Army, 1955 Mechanical Handling and Works Equipment , 1919 **Cassier's Industrial Management and Mechanical Handling** , 1926 The Library of Business Practice ... , 1914 An Assessment of Manual Handling Hazards at a Mechanical Workshop. A Case Study of National Railways of Zimbabwe, Bulawayo Charles Mutshakambi, 2019-12-19 Diploma Thesis from the year 2019 in the subject Engineering Safety Engineering course Occupational Safety Health and Environmental Management language English abstract This study assessed the manual handling hazards at the NRZ mechanical workshop in Bulawayo The objectives of the research were the identification of MH hazards determine the level of awareness of workers on manual handling issues and assessment of the control measures put in place at the organisation to deal with manual handling issues The researcher adopted a case study research design while incorporating both qualitative and

quantitative approaches Five workshops were only selected namely Wagon Fitting Machine Foundry and Carriage resulting in a sample of 153 questionnaire respondents which were distributed in a randomly Key informants who were interviewed was the SHE practitioner nurse in charge and workshop foremen More data was also gathered from relevant secondary data sources as well as from field observations The Statistical Package for Social Sciences SPSS was used to analyse data and specifically using the Chi Square test to establish correlations The result indicated that the majority of the respondents are not aware of manual handling as revealed by the 73% of the respondents who indicated that they are not aware of manual handling A number of manual handling hazards were identified which comprise of awkward postures repetitive movements and vibration exposure which result in a number of injuries which are known as musculoskeletal disorders which encompass cuts muscle strain sprains chronic pain and minor injuries The research also noted that the measures which are put in place by management in dealing with manual handling are not effective as they lack strategic action thereby limiting the success of the measures It was finally concluded that there is need to consider ergonomic interventions in the day to day operations of the company in order to reduce work related risk factors and injuries which come as a result of manual handling Recommendations were also forwarded to the nation and company on how to address manual handling issues *Industrial Organization, Factory Management, Problems of Plant and Equipment, Wage Payment Plans, Production and Inspection* ,1914 **Manual for public health nurses** New York (State). Dept. of Health,1920 *Industrial Organization ...* ,1914 Factory ,1911 Vols 24 no 3 v 34 no 3 include International industrial digest **The principles of good manual handling** R. A. Graveling,A. S. Melrose,Margaret A. Hanson,2003 This report presents the outcome of an exercise carried out to establish scientifically based principles for manual handling training both for conventional two handed symmetrical lifting and for non standard lifting where the conventional technique is inapplicable **Factory, the Magazine of Management** ,1912 Manual for Public Health Nurses New York (State). Department of Health,1920 Forest Reserve Manual United States. General Land Office,1902 **Nursing Times, Nursing Mirror** ,2005 **Basic Field Manual** United States. War Dept,1929 Industrial Storeskeeping Manual Benjamin Melnitsky,1956

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