

# Safe Manual Handling

## INTRODUCTION

### LEGISLATION

More than a 1/3 of workers reported in the Health and Safety Executive's first National Survey on Manual Handling and Musculoskeletal Disorders are likely to be injured over the next 10 years. The Department of Health estimates that musculoskeletal injury costs the economy about £10 billion each year. It is a leading cause of absence from work. A further 1.5 million workers suffer from the number of accidents associated with these conditions.



### TYPES OF INJURY

The back is a series of vertebrae with a disc separating each vertebra. These discs separate and support the spine. There is a potential vulnerability to pain if you place a potential load on the spine.

The types of injury that occur are:

1. Strains, both immediate and those that occur over time due to repeated movements.
2. Sprains, both acute and chronic, and also related to the spine.

Anywhere in the musculoskeletal system can be injured.



## EMPLOYERS & EMPLOYEES

### EMPLOYERS' DUTIES

Employers should:

1. Assess the risk of injury with all manual handling operations involving the workplace.
2. Plan to prevent a safe system of work.
3. Assess the need to avoid handling or to use mechanical aids.
4. Assess the need to use mechanical aids.
5. Provide information and training.
6. To ensure any manual handling is done in a safe manner.
7. To ensure any manual handling is done in a safe manner.

### EMPLOYER'S DUTIES

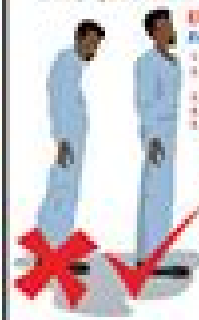
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### PREVENTING BACK PAIN

As well as the procedures above there are actions that you can take to help prevent back pain (HSE 2000).

1. Keep your weight under control, being fit and healthy.
2. Try to maintain a good posture during all activities, e.g. working, sitting, and driving.
3. Stretch and warm up before work.
4. Avoid static lifting and lowering programmes and avoid lifting or lowering loads and carrying objects in a static manner.
5. If you get back pain, stop any activity immediately and seek advice. Contact your GP or a physiotherapist.
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## RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify the hazards present by looking at the **Task**, **Individual**, **Load** and the **Environment**. Ask to identify who may be harmed by the activity, to take up the existing controls and to identify if further interventions are necessary.

The person carrying out the assessment should be:

1. Qualified in the Assessment of Health and Safety at Work (Assessment of Health and Safety at Work) or have a relevant qualification.
2. Qualified in the Assessment of Health and Safety at Work (Assessment of Health and Safety at Work) or have a relevant qualification.
3. Competent to carry out the task.



### LOAD

- Is the weight of the load?
- Is the load bulky?
- Is the load awkwardly shaped?
- Is the load heavy?
- Is the load awkwardly shaped?
- Is the load bulky?
- Is the load awkwardly shaped?
- Is the load heavy?
- Is the load awkwardly shaped?

The assessment should be written down and the recommendations acted upon where necessary.

### TASK

The activity must be assessed at the beginning to the end. Some of these aspects need to be considered:

- Is it a one-off task?
- Is it a regular task?
- Is the frequency of the task too high?
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### INDIVIDUAL

- Are they fit and healthy to carry out the task?
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### ENVIRONMENT

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## HANDLING TECHNIQUES

### There is a **FLUKE**

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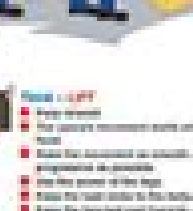
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# Manual Handling Queensland

**A Gutmann**



## **Manual Handling Queensland:**

Occupational Ergonomics Amit Bhattacharya, James D. McGlothlin, 2012-03-08 In the fifteen years since the publication of *Occupational Ergonomics Theory and Applications* significant advances have been made in this field These advances include understanding the impact of ageing and obesity on workplace the role of ergonomics in promoting healthy workplaces and healthy life styles the role of ergonomic science in the design of consumer products and much more The caliber of information and the simple practical ergonomics solutions in the second edition of this groundbreaking resource though haven't changed See What's New in the Second Edition Enhanced coverage of ergonomics in the international arena Emerging topics such as Healthcare Ergonomics and economics of ergonomics Coverage of disability management and psychosocial rehabilitation aspects of workplace and its ergonomics implication Current ergonomics solutions from research to practice Synergy of healthy workplaces with healthy lifestyles Impact of physical agents on worker health safety and its control Additional problems with solutions in the appendix The book covers the fundamentals of ergonomics and the practical application of those fundamentals in solving ergonomic problems The scope is such that it can be used as a reference for graduate students in the health sciences engineering technology and business as well as professional practitioners of these disciplines Also it can be used as a senior level undergraduate textbook with solved problems case studies and exercises included in several chapters The book blends medical and engineering applications to solve musculoskeletal safety and health problems in a variety of traditional and emerging industries ranging from the office to the operating room to operations engineering

*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

Manual Handling Program Queensland Ambulance Service, 2012

*WORK* Brent Braveman, Jill J Page, 2011-12-16 Here's the first book of its kind to provide a comprehensive overview of the full range of occupational therapy interventions for work related services The authors build a foundation of knowledge based on the development of the worker role the meaning and function of work in modern day society and cultural interpretations of work They then focus on specialized areas of occupational therapy assessment and intervention including psychosocial and physical assessment and preventative programming

**Australian Agriculture**, 1997 Queensland Government Mining Journal, 1986 **Queensland Reports** Queensland. Supreme Court, 1990 *Safety and Health at Work*, 1999 Modern Refrigeration and Air Conditioning, 1920 **Australian national bibliography**, 1961 Australian Government Publications, 1987 **Catalogue** New South Wales Free Public Library, Sydney, 1902 **Cold Storage and Ice Trades Review**, 1920 **Parliamentary Papers**, 1905 Australian National Bibliography: 1992 National Library of Australia, 1988 **Engineers Australia**, 1989 *Manual of Cane-growing* Norman Joseph King, R. W. Mungomery, C. Graham

Hughes,1965 The sugar industry The sugar cane plant The soil in relation to cane culture The soil solution Land preparation Planting and growing the crop Factors affecting germination of the plant Nutrition of the plant Milk by products as plant nutrients Soil acidity and liming Soil organic matter Irrigation and drainage Harvesting the crop and factors which affect it The effects of frost hail and wind burn Weed control Soil conservation Cane varieties and breeding Diseases and pests

**Trucking Tragedies** Claire Mayhew,Michael Quinlan,1997      **APAIS, Australian Public Affairs Information Service** ,1999 Vol for 1963 includes section Current Australian serials a subject list      *Australian Government Publications*  
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