

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 billion hours are lost due to the number of accidents experienced from 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. When a sustained movement is done, you place a constant force 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. Put in place a safe system of work.
3. Assess the need to avoid handling or to use mechanical aids.
4. Assess the need to use lifting aids.
5. Assess the need to use lifting aids.
6. Provide information and training.
7. To ensure any manual handling is done in a safe manner.
8. To ensure any manual handling is done in a safe manner.

EMPLOYER'S DUTIES

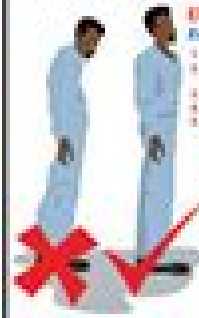
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PREVENTING BACK PAIN

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, progression and avoid in bending or twisting, avoid static lifting and lowering, progression and avoid in bending or twisting.
5. If you get back pain, stop any activity immediately and seek advice, unless it is a minor problem.
6. If you get back pain, stop any activity immediately and seek advice, unless it is a minor problem.



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 look at the existing controls and to identify if further improvements 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. Qualified in the Assessment of Health and Safety at Work (Assessment of Health and Safety at Work) or have a relevant qualification.

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



LOAD

- Is the weight heavy?
- Is it bulky?
- Is it awkwardly shaped?
- Is it unstable?
- Is it slippery?
- Is it hot/cold?
- Is it sharp?
- Is it toxic?
- Is it flammable?
- Is it explosive?
- Is it radioactive?
- Is it corrosive?
- Is it flammable?
- Is it explosive?
- Is it radioactive?
- Is it corrosive?

TASK

The activity must be broken down into the beginning, the middle, and the end. Ask to identify who may be harmed by the activity, to look at the existing controls and to identify if further improvements are necessary.

- Is it a one-off task?
- Is it a regular task?
- Is it a high frequency task?
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INDIVIDUAL

Ask to identify who may be harmed by the activity, to look at the existing controls and to identify if further improvements are necessary.

- Is the person fit and healthy?
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ENVIRONMENT

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HANDLING TECHNIQUES

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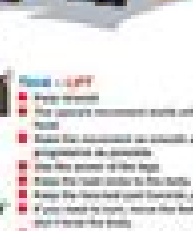
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Manual Handling Operations

Léo Pomar



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