

MANUAL TASKS (HANDLING)

Not just lifting - Manual tasks defined

Manual tasks are those workplace activities requiring the use of force exerted by a person to grasp, manipulate, seize, throw, carry, move (lift, lower, push, pull), hold or restrain an object, load or body part.

What is a hazardous manual task?

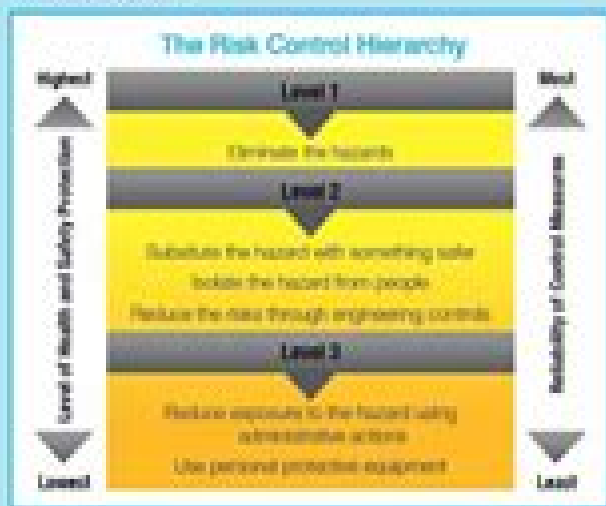
A hazardous manual task, as defined in the WHS Regulations, means a task that requires a person to lift, lower, push, pull, carry or otherwise move, hold or restrain any person, animal or thing involving one or more of the 5 following characteristics:

1. Repetitive or sustained force
2. Sustained or awkward posture
3. High or sudden force
4. Repetitive movement
5. Exposure to vibration

These factors determine the characteristics of a hazardous manual task directly against the body and can lead to injury.

You can provide valuable information about discomfort, muscular aches and pains that can signal potential hazards. For example, think about and identify tasks that:

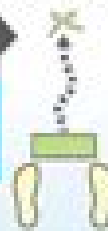
- are difficult to do (or appear harder than they should be)
- are very tiring (muscle fatigue reduces work capacity)
- are awkward or dangerous (for example, difficulty controlling loads)
- cause you discomfort.



TIPS FOR HANDLING

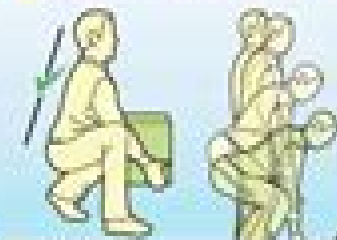
ASSESS your object and your task BEFORE you lift

Have a plan of attack. Think your route before you lift. Clear any obstacles from your path, and be sure you know what is in your way. If you cannot see your path well,



Avoid STOODING

Keep your back neutral. You are less likely to injure your back if you keep your back neutral during lifting.



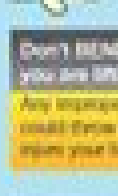
LIFT with your LEGS

Bend at the knees and hips not your back. Your leg muscles are stronger than your back and can withstand greater force. This is known as the 'Squat Transfer Technique' (STT).



MOULD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and close to your body than at any other height and/or far from your body.



Don't BEND or TWIST while you are lifting or carrying

Any improper bending or twisting could throw you off balance or injure your back.



AVOID lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid moving objects above head height or below knee height when possible.



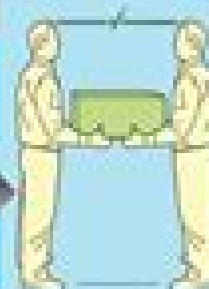
Use lifting aids when possible

Use mechanical aids to get help to lift or carry a heavy load whenever possible. Options include wheelbarrows, conveyors, belts, rollers, cranes or hoists.



REDUCE the size of the load when possible

When possible, reduce the size of the load or object or make smaller loads more frequent stops. For example, square a heavy load into smaller portions.



Two person lifts

When lifting with two or more people, ALL lifters should prepare to receive and control the manual handling loads.

KNOW your limits

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is awkwardly large or unstable, it can be difficult to lift and could cause you pain. It is better to wait and ask for assistance than to try to lift something that could potentially injure your back.

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**Jo Brice Wilmeth, Charles Dickerson
Bolt**



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Nursing Older People Susan Carmody, 2017-12-04 This text consists of eleven chapters concisely summarizing general adult psychiatry in the form of notes. It is primarily intended for junior hospital psychiatrists general practitioners and medical students however psychiatric nurses psychiatric social workers psychiatric occupational therapists and clinical psychologists may also find the book an asset

The Royal Marsden Manual of Clinical Nursing Procedures Lisa Dougherty, Sara Lister, Alex West-Oram, 2015-03-17 The Royal Marsden Manual of Clinical Nursing Procedures has been the number one choice for nurses since it first published over 30 years ago. One of the world's most popular books on clinical skills and procedures it provides detailed procedure guidelines based on the latest research findings and expert clinical advice enabling nurses and students to deliver clinically effective patient focused care. The ninth edition of this essential definitive guide written especially for pre registration nursing students now includes a range of new learning features throughout each chapter that have been designed to support student nurses to support learning in clinical practice. Providing essential information on over 200 procedures this manual contains all the skills and changes in practice that reflect modern acute nursing care

Handling Bales of Cotton in Public Warehouses Jo Brice Wilmeth, Charles

Dickerson Bolt,1958 **Materials Manual of Testing and Control Procedures** California. Division of Highways,1971

Statistical Supplement to Handling Bales of Cotton in Public Warehouses Charles Dickerson Bolt,Daris Grover

Lafferty,Goodloe Barry,Jo Brice Wilmeth,Joseph Edward Rickenbacker,Louis Ferdinand Herrmann,Margaret

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Electrical Communication ,1923 **Training Manual** United States. War Dept,1923 *Ergonomics - Manual*

Handling International Organization for Standardization,2007 **Occupational Health Nursing** Katie Oakley,2002 This

second edition has been fully updated with four new chapters and is aimed mainly at students of occupational health nursing but will also be of interest to qualified occupational health nurses There is an increasing interest in this speciality of community nursing which is expanding and developing with the encouragement and support of the Department of Health and the Health and Safety Executive The book is a topical reader written entirely by nurses working in the field It aims to be thought provoking stimulating and topical It starts by setting occupational health nursing in the international context and looking at European developments in particular and how these relate to developments in other areas of the world such as the Asia Pacific Region and the United States The book then goes on to look in detail at some of the core functions of occupational health nursing and essential aspects of effective occupational health services such as writing and developing policies and procedures setting standards and issues of quality and audit This is followed by an in depth look at some practical applications of the speciality using case studies in the areas of health promotion mental health rehabilitation and health assessment The focus throughout is on the use wherever possible of practical examples and experience from the practice of occupational health nursing *Aged Care Nursing* Susan Carmody,Sue Forster,2003 With increased life

expectancy the aged population has grown markedly throughout the world but there is a shortage of experienced nurses with expertise in the holistic care of the elderly This book is written to inspire and empower such nurses Care of the aged has a long and noble history within the nursing profession Respect for the dignity of the elderly and a commitment to their well being have inspired generations of nurses But it is only in more recent times that aged care nursing has really come of age with the provision of sound evidence based nursing practice The traditional ethical approach to aged care nursing has thus become combined with sound scientific knowledge in a modern holistic model of care Aged Care Nursing A Guide to Practice is written by clinicians for clinicians Each chapter describes contemporary nursing practice in a specific area of aged care The inclusion of evidence based and outcome based practices throughout the book ensures that all readers be they novices or experts will have a reliable and beneficial reference to guide their practice The chapter authors are from several countries and the content of each chapter is presented generically to ensure international applicability Each author is a recognised expert in his or her subject area and all present their topics with a focus that is practical rather than academic

Midwifery: Best Practice Volume 5 Sara Wickham,2009-01-29 This is Volume 5 in the Midwifery Best Practice series

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Training Manual United States. Army. Signal Corps,1923 IAPX 86, 88 User's Manual Intel Corporation,1981 **United States Army Training Manual** U.S. Adjutant-general's office,1925 **Field Procedures Manual for Water Quality and Compliance Monitoring** Wisconsin. Division of Environmental Standards,1987

PASCAL/48 Reference Manual ,1984 *Mechanical Handling and Works Equipment* ,1920 **The Service Industry Idea Book** Nihon HR Kyōkai,1990

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1. Understanding the eBook Manual Handling Procedure Example
 - The Rise of Digital Reading Manual Handling Procedure Example
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Handling Procedure Example
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Handling Procedure Example
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Handling Procedure Example
 - Personalized Recommendations
 - Manual Handling Procedure Example User Reviews and Ratings
 - Manual Handling Procedure Example and Bestseller Lists
5. Accessing Manual Handling Procedure Example Free and Paid eBooks

- Manual Handling Procedure Example Public Domain eBooks
- Manual Handling Procedure Example eBook Subscription Services
- Manual Handling Procedure Example Budget-Friendly Options
- 6. Navigating Manual Handling Procedure Example eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Handling Procedure Example Compatibility with Devices
 - Manual Handling Procedure Example Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Handling Procedure Example
 - Highlighting and Note-Taking Manual Handling Procedure Example
 - Interactive Elements Manual Handling Procedure Example
- 8. Staying Engaged with Manual Handling Procedure Example
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Handling Procedure Example
- 9. Balancing eBooks and Physical Books Manual Handling Procedure Example
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Handling Procedure Example
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Handling Procedure Example
 - Setting Reading Goals Manual Handling Procedure Example
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Handling Procedure Example
 - Fact-Checking eBook Content of Manual Handling Procedure Example
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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