

Safe Manual Handling

INTRODUCTION



RISK ASSESSMENT



TYPE INJURY

- The most common type of injury is to the lower back. These are repetitive strain injuries which can be prevented by using the correct technique.
- 1. Lifting and lowering the load correctly
 - 2. Carrying and pushing and pulling loads correctly
 - 3. Reaching and twisting the body correctly
 - 4. Standing and walking correctly
 - 5. Stair use and kneeling, bending and twisting correctly



The purpose of a risk assessment is to identify hazardous activities by looking at the task, the environment, the equipment, the people and the materials. It is a way of identifying the risks of an activity and of finding ways to avoid or reduce the risks.

The person carrying out the assessment should be:

1. Familiar with the Management of Health and Safety at Work Regulations 1992. The Management of Health and Safety at Work Regulations 1992 provide the legal basis for the assessment.
2. Familiar with the assessment process and the equipment to be used.
3. Competent to carry out the task.

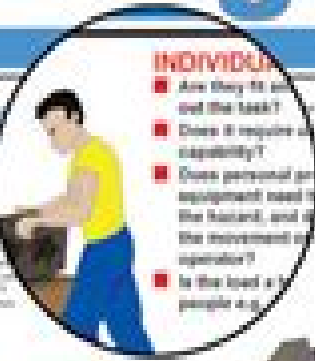


LOAD

- 1. Is the load too heavy?
- 2. Is the load too bulky?
- 3. Is the load too awkward?
- 4. Is the load too hot or cold?
- 5. Is the load too slippery?
- 6. Is the load too fragile?
- 7. Is the load too sharp?
- 8. Is the load too noisy?
- 9. Is the load too smelly?
- 10. Is the load too dirty?

The whole task should be looked at from the beginning to the end. It is not enough to look at the lifting or lowering of the load only.

- 1. Is the task repetitive?
- 2. Is the task too long?
- 3. Is the task too short?
- 4. Is the task too awkward?
- 5. Is the task too hot or cold?
- 6. Is the task too slippery?
- 7. Is the task too fragile?
- 8. Is the task too sharp?
- 9. Is the task too noisy?
- 10. Is the task too smelly?



INDIVIDUAL

- 1. Are they fit to do the task?
- 2. Does it require a capability?
- 3. Does personal protective equipment need to be worn?
- 4. Is the load a problem for people e.g. pregnant women?



EMPLOYERS & EMPLOYEES



HANDLING TECHNIQUES



EMPLOYERS DUTIES

Employers should:

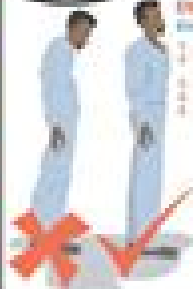
1. Assess the likely risk of injury from the handling operation.
2. Put in place a safe system of work to avoid the risk.
3. Provide training for employees.
4. Provide information for employees.
5. Provide supervision for employees.
6. Provide a safe working environment.
7. Provide a safe working system.
8. Provide a safe working method.
9. Provide a safe working place.
10. Provide a safe working time.



EMPLOYEES DUTIES

Employees should:

1. Follow the safe system of work.
2. Use the correct technique for lifting and lowering.
3. Use the correct equipment for lifting and lowering.
4. Use the correct place for lifting and lowering.
5. Use the correct time for lifting and lowering.
6. Use the correct method for lifting and lowering.
7. Use the correct place for lifting and lowering.
8. Use the correct time for lifting and lowering.
9. Use the correct method for lifting and lowering.
10. Use the correct place for lifting and lowering.



PREVENTING BACK PAIN

As well as the prevention above there are actions that you can take to help prevent back pain.

1. Keep your weight under control.
2. Do not smoke.
3. Do not drink too much alcohol.
4. Do not use drugs or medicine.
5. Do not use a car or van for work.
6. Do not use a car or van for work.
7. Do not use a car or van for work.
8. Do not use a car or van for work.
9. Do not use a car or van for work.
10. Do not use a car or van for work.

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 - LIFT

Think about the load before you lift it.

Is it too heavy?

Is it too bulky?

Is it too awkward?

Is it too hot or cold?

Is it too slippery?

Is it too fragile?

Is it too sharp?

Is it too noisy?

Is it too smelly?

Is it too dirty?

Is it too hot or cold?

Is it too slippery?

Is it too fragile?

Is it too sharp?

Is it too noisy?

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Is it too hot or cold?

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Manual Handling Risk Guide

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Cezar Da Cruz**

Manual Handling Risk Guide:

Handbook of Standards and Guidelines in Human Factors and Ergonomics Waldemar Karwowski, Anna Szopa, Marcelo M. Soares, 2021-06-28 With an updated edition including new material in additional chapters this one of a kind handbook covers not only current standardization efforts but also anthropometry and optimal working postures ergonomic human computer interactions legal protection occupational health and safety and military human factor principles While delineating the crucial role that standards and guidelines play in facilitating the design of advantageous working conditions to enhance individual performance the handbook suggests ways to expand opportunities for global economic and ergonomic development This book features Guidance on the design of work systems including tasks equipment and workspaces as well as the work environment in relation to human capacities and limitations Emphasis on important human factors and ergonomic standards that can be utilized to improve product and process to ensure efficiency and safety A focus on quality control to ensure that standards are met throughout the worldwide market

The Concise Guide to Physiotherapy - Volume 2 - E-Book Tim Ainslie, 2012-06-20 This exciting new resource is designed to assist undergraduate physiotherapy students and new graduates in confidently treating patients in a range of physiotherapy areas outside the core areas of practice Areas covered include paediatrics geriatrics mental health and rheumatology Valuable content is easily accessible in a small portable format which will be an invaluable reference during placement or practice Each chapter provides a concise overview of the philosophy and the specific treatment processes for each of the 17 practice specialties A wealth of online learning resources are also available with the Guide these include access to case studies multiple choice questions and a reference list for each chapter In addition there is a bank of downloadable photographs and line drawings relating to each of the 17 chapters Used along with The Concise Guide to Physiotherapy Volume 1 Assessment Volume 2 Treatment will be an indispensable tool for any physiotherapist A blend of resources providing an insight into the non core areas of practice enabling the individual to prepare ahead or refresh knowledge in order to feel confident about approaching the treatment of patients in practice areas not previously encountered Easy access to nuggets of information on 17 non core speciality areas including burns and plastics learning disabilities and rehabilitation A handy quick reference tool for both students and physiotherapists Access to online resources including reference lists an image bank 51 cases studies and over 300 MCQs

Revision Guide for Level 3 Diploma in Dental Nursing Chloe Foxhall, Anna Lown, 2026-01-20 Enhance your learning and excel in exams with this essential guide to the Level 3 Diploma in Dental Nursing Revision Guide for Level 3 Diploma in Dental Nursing supports trainee dental nurses enrolled on the Level 3 Diploma in Dental Nursing This guide corresponds to the 11 course units of the diploma and covers essential topics such as preparing for practice infection control treatment planning anatomy and supporting various dental procedures including imaging endodontics and extractions This revision guide includes The latest guidance legislation and governance within the dental sector Knowledge questions diagrams

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Easy Guide to Health and Safety Phil Hughes,Liz Hughes,2015-01-09 Do you need to get to grips with health and safety principles but don't have time to wade through reams of legislation and guidance Do you need practical step by step guidance on health and safety issues for your small business Then this is the book for you Building on the success of the first edition this fully revised Easy Guide to Health and Safety 2nd edition introduces the health and safety issues which the self employed and managers directors and staff with health and safety responsibilities in small businesses face every day Written in plain English this new edition will take you through the principles of health and safety in a clear jargon free manner Fully revised and packed with practical guidance the Easy Guide to Health and Safety will ensure that you are well equipped to keep yourself and others safe in the workplace Provides small businesses with the necessary information to understand obligations and gain control of health and safety in the workplace Packed with practical guidance and handy checklists and forms Also suitable for students studying towards IOSH Working Safely and NVQ level 1 and 2 courses from City and Guilds and other NVQ awarding bodies

Occupational Therapy for People Experiencing Illness, Injury or Impairment - E-Book Michael Curtin,Mary Egan,Yeliz Prior,Tracey Parnell,Roshan Galvaan,Katrine Sauvé-Schenk,Daniel Cezar Da Cruz,2024-09-17 Occupational Therapy for People Experiencing Illness Injury or Impairment Promoting Occupational Participation Eighth Edition is a seminal textbook that has been used in preregistration occupational therapy education for more than 40 years Now in its eighth edition it reflects significant developments within the occupational profession and the contexts of the delivery of health and social care when working with people who experience illness injury or impairment to promote occupational participation It is highly regarded for its level of detail its practical approach and the breadth of its content with input from multiple authors from around the world Fully updated and built around the professional concepts and processes to promote occupational participation this invaluable resource will enable occupational therapists link theory with day to day practice reflect on the knowledge expertise and attitudes that inform their work and practice in a critically reflexive way Practical text and online assets link theory with day to day practice Collaborative relationship focused inclusive and strengths based language Summaries and key points for each chapter make navigation easy Focus on working with groups communities and populations in addition to working with individuals reflecting the evolving and expanding scope of practice Practice stories throughout the text and detailed practice stories in Section 5 inviting the reader to reflect on the information skills and attitudes that inform practice Online multiple choice questions and questions for reflection at the end of each chapter enable readers to assess and apply their knowledge

Guidelines for the

international packaging and shipping of vaccines ,2020-12-22 International shipping of vaccines is the first leg of the complex journey that vaccines undertake to reach the end users in a country Particular challenges include the size and weight of packages implementation of quality control checks at reception ensuring environmental sustainability and maintaining required temperatures during the journey Although there are many possibilities of transport e g sea freight and terrestrial transportation air freight currently remains the most widely used means of transport for vaccines In recognition of this fact these guidelines apply predominantly to the air freighting of vaccines Transportation of vaccines from the manufacturing facility to the airport facility require the use of ground transportation and reference is also made to the qualification of refrigerated road vehicles as well The objective of these guidelines is to provide technical guidance to help ensure the quality of vaccines during all stages of the international air transportation process These guidelines are applicable to all persons and institutions involved in international air shipment of vaccines from the premises of the product manufacturer to the recipient country This includes all parties involved in shipment vaccine manufacturers logistics service providers LSPs freight forwarders carriers and their employees The relevant sections of these guidelines should also be considered for implementation by UN procurement agencies and other international procurement organizations countries donor agencies and certifying bodies

Legal Aspects of Occupational Therapy Bridgit C. Dimond,2011-08-02 Since publication of the original edition in 1996 this book has established itself as an essential text for occupational therapists It offers an understanding of the law relating to their practice but is written to be accessible for those who have no prior legal knowledge The text provides valuable information for occupational therapists employed in health and social services as well as the law relevant to private practitioners The book includes chapters on all the main client groups and presents the relevant specialist law Students and teachers of occupational therapy will find the chapters on professional registration education training and research of particular interest The third edition has been substantially revised to cover significant changes in legislation since the previous version There is also a brand new chapter on the subject of death and dying *Legal Aspects of Occupational Therapy* remains a key resource for the occupational therapy student practitioner and service manager

Occupational Therapy for People Experiencing Illness, Injury or Impairment E-Book (previously entitled Occupational Therapy and Physical Dysfunction) Michael Curtin,Mary Egan,Jo Adams,2016-12-16 The sixth edition of this classic book remains a key text for occupational therapists supporting their practice in working with people with physical impairments stimulating reflection on the knowledge skills and attitudes which inform practice and encouraging the development of occupation focused practice Within this book the editors have addressed the call by leaders within the profession to ensure that an occupational perspective shapes the skills and strategies used within occupational therapy practice Rather than focusing on discrete diagnostic categories the book presents a range of strategies that with the use of professional reasoning can be transferred across practice settings The new editors have radically updated the book in response to the numerous internal and external

influences on the profession illustrating how an occupational perspective underpins occupational therapy practice A global outlook is intrinsic to this edition of the book as demonstrated by the large number of contributors recruited from across the world Covers everything the student needs within the physical disorders part of their course Links theory of principles to practice and management Written and edited by a team of internationally experienced OT teachers clinicians and managers Gives key references and further reading lists for more detailed study Written within a framework of lifespan development in line with current teaching and practice Includes practice scenarios and case studies Focuses on strategies New title echoes the contemporary strength based and occupation focused nature of occupational therapy practice which involves working with people and not medical conditions and diagnoses Content and structure reviewed and shaped by an international panel of students new graduates 22 additional chapters 100 expert international contributors Evolve Resources evolve elsevier com Curtin OT contains 3 bonus interactive practice stories with reflective videos 360 MCQs 200 reflective questions 250 downloadable images Critical discussion of the ICF in the context of promoting occupation and participation Pedagogical features summaries key points and multiple choice and short answer reflective questions National Health Care Waste Management Guidelines ,2002 Articles with reference to Nepal **The Foundryman** ,2001 **Environmental Health** ,1992 **BWC Division of Safety & Hygiene ... Services Catalog** Ohio. Division of Safety & Hygiene,2008 *Labour Research* ,2007 *Bargaining Report* ,2002 *Safety and Health at Work* ,2001 **Employment Safety and Health Guide** ,2002 Includes original text of the Occupational safety and health act of 1970 Management Services ,1999 Nursing Times, Nursing Mirror ,1999 **Manual Handling Risk Assessment** ,1993 *Recommendations and Guidelines Concerning AIDS.* ,1982

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