

Safe Manual Handling

INTRODUCTION



RISK ASSESSMENT



TYPE INJURY

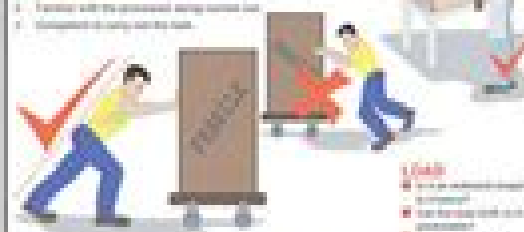
- The most common type of injury is to the lower back. These are repetitive strain injuries which can be prevented by using the correct technique.
- 1. Lifting and lowering the load correctly
 - 2. Carrying and pushing or pulling the load correctly
 - 3. Twisting the body while lifting or lowering the load
 - 4. Holding the load for long periods
 - 5. Reaching and stretching the body too far
 - 6. Bending, twisting and stretching the body too far
 - 7. Carrying the load for long periods
 - 8. Pushing and pulling the load for long periods



The purpose of a risk assessment is to identify hazardous activities by looking at the task, the environment, the equipment, the people, the materials and the methods used to do the work. It is a systematic way of identifying the risks of an activity and the measures that can be taken to reduce them.

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 require employers to carry out a risk assessment for any activity involving a risk.
2. Familiar with the assessment process and the use of the assessment form.
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. Are there any hazards? What are the risks? What measures can be taken to reduce the risks?

- 1. Is the task necessary?
- 2. Can the task be done in a safer way?
- 3. Can the task be done by a different person?
- 4. Can the task be done by a different method?
- 5. Can the task be done by a different piece of equipment?
- 6. Can the task be done by a different person?
- 7. Can the task be done by a different method?
- 8. Can the task be done by a different piece of equipment?
- 9. Can the task be done by a different person?
- 10. Can the task be done by a different method?



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. people with a back problem?



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 prevent injury.
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 method.
8. Provide a safe working equipment.
9. Provide a safe working material.
10. Provide a safe working person.



EMPLOYEES DUTIES

Employees should:

1. Follow the safe system of work.
2. Use the correct equipment provided by the employer.
3. Follow the correct handling method.
4. Use the correct equipment to do the job.
5. Report any problems to the supervisor.
6. Report any accidents to the supervisor.
7. Report any near misses to the supervisor.
8. Report any unsafe conditions to the supervisor.
9. Report any unsafe equipment to the supervisor.
10. Report any unsafe material to the supervisor.



PREVENTING BACK PAIN

As well as the general advice there are certain things you can do 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 a car seat belt when driving.
- 5. Do not use a car seat belt when driving.
- 6. Do not use a car seat belt when driving.
- 7. Do not use a car seat belt when driving.
- 8. Do not use a car seat belt when driving.
- 9. Do not use a car seat belt when driving.
- 10. Do not use a car seat belt when driving.

Think - PLAN

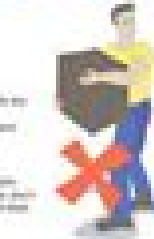
- 1. Where am I going?
- 2. What am I lifting?
- 3. What are the options?
- 4. Are there any aids available?
- 5. Do I need help?
- 6. Do I need to remove any obstacles?



Think - PLAN
Before you start, think about the task. What are the risks? What are the options? What are the aids available? Do I need help? Do I need to remove any obstacles?



Think - PLAN
Before you start, think about the task. What are the risks? What are the options? What are the aids available? Do I need help? Do I need to remove any obstacles?



Manual Lifting Safety Program

**Daniel Farb, Daniel Farb, M.D., Bruce
Gordon**



Manual Lifting Safety Program:

Occupational Safety Aid: Safety Program Projects United States. Labor Standard Bureau, 1967 **Guidelines for Developing a Wastewater Safety Program** ,1983 **Back Injuries in the Mining Industry** ,2000 Safety Training Guidelines Local Government Training Board, 1987 **Monthly Newsletter** ,1961 **Tabbner's Nursing Care** Gabby Koutoukidis, Rita Funnell, Karen Lawrence, Jodie Hughson, Kate Stainton, 2009 Tabbner's Nursing Care Theory and Practice is the only Australian and New Zealand textbook written specifically for the enrolled nurse student The new 5th edition of this best selling text has been fully revised and updated throughout to reflect the content of the new National Curriculum Unit 1 The evolution of nursing Unit 2 The health care environment Unit 3 Cultural diversity and nursing practice Unit 4 Promoting psychosocial health in nursing practice Unit 5 Nursing individuals throughout the lifespan Unit 6 The nursing process Unit 7 Assessing health Unit 8 Important component of nursing care Unit 9 Health promotion and nursing care of the individual Appendices Provided by publisher Foodservice Manual for Health Care Institutions Ruby Parker Puckett, 2012-11-13 The thoroughly revised and updated fourth edition of Foodservice Manual for Health Care Institutions offers a review of the management and operation of health care foodservice departments This edition of the book which has become the standard in the field of institutional and health care foodservice contains the most current data on the successful management of daily operations and includes information on a wide range of topics such as leadership quality control human resource management product selection and purchasing environmental issues and financial management This new edition also contains information on the practical operation of the foodservice department that has been greatly expanded and updated to help institutions better meet the needs of the customer and comply with the regulatory agencies standards TOPICS COVERED INCLUDE Leadership and Management Skills Marketing and Revenue Generating Services Quality Management and Improvement Planning and Decision Making Organization and Time Management Team Building Effective Communication Human Resource Management Management Information Systems Financial Management Environmental Issues and Sustainability Microbial Chemical and Physical Hazards HACCP Food Regulations Environmental Sanitation and Pest Control Safety Security and Emergency Preparedness Menu Planning Product Selection Purchasing Receiving Storage and Inventory Control Food Production Food Distribution and Service Facility Design Equipment Selection and Maintenance Learning objectives summary key terms and discussion questions included in each chapter help reinforce important topics and concepts Forms charts checklists formulas policies techniques and references provide invaluable resources for operating in the ever changing and challenging environment of the food service industry *Executive's Manual for Personnel Handling* Prentice-Hall, Inc, 1966 Job Safety & Health ,1988 **The Ergonomics of Manual Work** William Steven Marras, 1993 **The Modern Materials Handling Materials Handling Manual** ,1959 **Occupational Health and Safety Technical Assistance Manual** ,1993 **Hospital Safety Manual for Use by Hospital Administrators and**

Department Heads American Hospital Association,1954 **Osha Safe Lifting** Daniel Farb,Daniel Farb, M.D.,Bruce Gordon,2003-12-01 OSHA Safe Lifting teaches safe lifting techniques hints and exercises for both people and objects so it is ideal for both industrial and healthcare settings **Australian National Bibliography: 1992** National Library of Australia,1988 *Manual of Practice* Water Pollution Control Federation,1951 **National Safety and Health News** ,1986 Occupational Injuries and Illnesses and Fatal Occupational Injuries in Texas ,1990 **World Oil** ,1988 Vols for 1946 47 include as sect 2 of a regular no World oil atlas *Proceedings of a Conference Held at ...* TRAM.,1984

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