

Safe Manual Handling

INTRODUCTION



RISK ASSESSMENT



TYPE INJURY

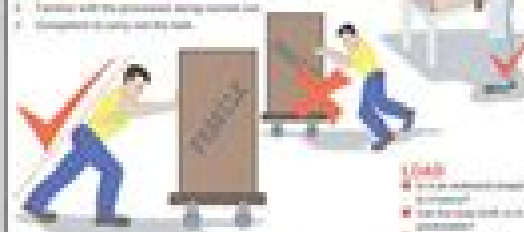
- The most common type of injury is to the lower back. These are repetitive strain injuries which can be prevented by using the correct technique.
- 1. Lifting and lowering the load correctly
 - 2. Carrying and pushing and pulling loads correctly
 - 3. Reaching and twisting the body correctly
 - 4. Storing, stacking and handling loads correctly
 - 5. Drilling, drilling and handling loads 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 process which is carried out by the employer, the employee and the safety representative.

The purpose of a risk assessment should be to:

1. Identify the hazards of the task, the environment, the equipment, the people and the materials.
2. Identify the risks of the task, the environment, the equipment, the people and the materials.
3. Identify the measures to be taken to reduce the risks.



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? Are there any risks?

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



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:

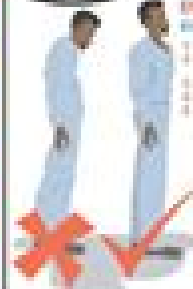
1. Assess the likely risk of injury from the handling operation.
2. Put in place a safe system of work to prevent injury.
3. Provide training for employees.
4. Provide information for employees.
5. Provide supervision for employees.



EMPLOYEES DUTIES

Employees should:

1. Follow the safe system of work.
2. Report any unsafe conditions to the employer or the safety representative.
3. Report any injury to the employer or the safety representative.
4. Report any damage to the equipment to the employer or the safety representative.
5. Report any loss of materials to the employer or the safety representative.



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 you are sitting in a car.
5. Do not use a car seat belt when you are standing.
6. Do not use a car seat belt when you are walking.
7. Do not use a car seat belt when you are running.
8. Do not use a car seat belt when you are jumping.
9. Do not use a car seat belt when you are climbing.
10. Do not use a car seat belt when you are swimming.

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 a task, think about the risks and plan how to avoid them.



Think - PLAN
Before you start a task, think about the risks and plan how to avoid them.



Manual Handling Safety Moment

M Tight



Manual Handling Safety Moment:

Safety in Manual Materials Handling ,1978 *Safety and Health for Engineers* Roger L. Brauer,2022-08-18 **SAFETY AND HEALTH FOR ENGINEERS** A comprehensive resource for making products facilities processes and operations safe for workers users and the public Ensuring the health and safety of individuals in the workplace is vital on an interpersonal level but is also crucial to limiting the liability of companies in the event of an onsite injury The Bureau of Labor Statistics reported over 4 700 fatal work injuries in the United States in 2020 most frequently in transportation related incidents The same year approximately 2 7 million workplace injuries and illnesses were reported by private industry employers According to the National Safety Council the cost in lost wages productivity medical and administrative costs is close to 1 2 trillion dollars in the US alone It is imperative by law and ethics for engineers and safety and health professionals to drive down these statistics by creating a safe workplace and safe products as well as maintaining a safe environment Safety and Health for Engineers is considered the gold standard for engineers in all specialties teaching an understanding of many components necessary to achieve safe workplaces products facilities and methods to secure safety for workers users and the public Each chapter offers information relevant to help safety professionals and engineers in the achievement of the first canon of professional ethics to protect the health safety and welfare of the public The textbook examines the fundamentals of safety legal aspects hazard recognition and control the human element and techniques to manage safety decisions In doing so it covers the primary safety essentials necessary for certification examinations for practitioners Readers of the fourth edition of Safety and Health for Engineers readers will also find Updates to all chapters informed by research and references gathered since the last publication The most up to date information on current policy certifications regulations agency standards and the impact of new technologies such as wearable technology automation in transportation and artificial intelligence New international information including U S and foreign standards agencies professional societies and other organizations worldwide Expanded sections with real world applications exercises and 164 case studies An extensive list of references to help readers find more detail on chapter contents A solution manual available to qualified instructors Safety and Health for Engineers is an ideal textbook for courses in safety engineering around the world in undergraduate or graduate studies or in professional development learning It also is a useful reference for professionals in engineering safety health and associated fields who are preparing for credentialing examinations in safety and health *The Electrical Handling of Materials* Harold Hodgkinson Broughton,1920 *The Ergonomics of Manual Work* William Steven Marras,1993 **Safety and Health at Work** ,2000 **Professional Safety** ,2005 *Advances in Occupational Ergonomics and Safety ...* ,1998 **National Safety Congress Transactions** ,1970 **Bowker's Complete Video Directory** ,2000 *Executive's Manual for Personnel Handling* Prentice-Hall, Inc,1964 **Safety and Health at Work, ILO-CIS Bulletin** ,1998 *Fleet Safety Manual* National Safety Council,1950 [Accident Risks and Preventive Measures in Materials Handling at Construction](#)

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web if we re dealing with a gas we d still use two equals n cac would be the specific heat of gasses water and then here it would be the specific heat of ice now again going back to the question we re looking for liquid water so that would mean the answer is option c line segment cd would have the specific heat of liquid water

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