

# 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.

## The Risk Control Hierarchy



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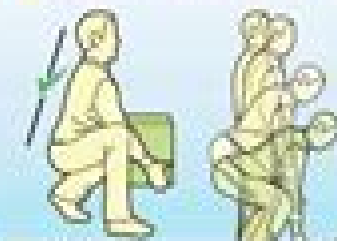
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# TIPS FOR HANDLING

## 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,



## 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' (STTT).



## 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.



## REDUCE the size of the load when possible

When possible reduce the size of the load or object or make smaller (add 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.



## Avoid STOODING

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

## HOOD 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.

## Use lifting aids when possible

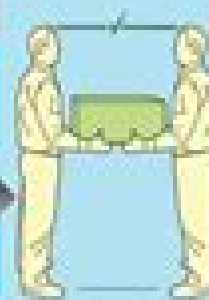
Use mechanical aids to get help to lift or carry a heavy load whenever possible. Options include: wheelchairs, conveyors, lifts, hoists, cranes or trolleys.



**LIMIT**

## 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.



# Manual Handling Procedure Example

**Sasha Hu**



## **Manual Handling Procedure Example:**

**District Nursing Manual of Clinical Procedures** Liz O'Brien, 2012-03-09 This manual the first of its kind focused on district nursing provides the means to build competence and confidence in nurses new to the community or developing their skills The comprehensive and evidence based content provides essential information for competence in key areas of district nursing From the Foreword by Rosemary Cook CBE Hon D Lett MSc PG Dip RGN Director The Queen's Nursing Institute Clinical skills are a fundamental aspect of district nursing care The District Nursing Manual of Clinical Procedures is a practical evidence based manual of clinical skills which reflects the unique challenges of district nursing care within the patient's home It provides a comprehensive resource for all district nurses community nurses students and healthcare professionals involved in the district nursing team enabling them to practice competently and confidently and deliver clinically effective person centred care The District Nursing Manual of Clinical Procedures addresses the complexity of district nursing care and encompasses key aspects of clinical practice including decision making in areas that district and community nurses often struggle with or find difficult when they are on their own in a patient's home It utilises the latest clinical research and expert clinical knowledge to address these challenges and to provide the underlying theory and evidence for district nursing care Key features Evidence based manual of practical clinical skills in district nursing care Clear user friendly and easy to understand Contains recommendations for expert care within a patient's own home Addresses key concerns of district and community nurses working on their own within a patient's home Encompasses key aspects of district nursing care Placed in the context of person centred care All procedures include the rationale for each action why as well as how This title is also available as a mobile App from MedHand Mobile Libraries Buy it now from iTunes Google Play or the MedHand Store

**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     Field Sampling Procedures Manual ,1992     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 Weidenhamer,Nicholas M. Thuroczy,Robert Vaughn Enochian,1958

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