

Safe Manual Handling

INTRODUCTION

LEGISLATION

More than a 1/3 of workers reported in the Health and Safety Executive's first National Survey on Manual Handling and Musculoskeletal Disorders are likely to be injured and/or compensated. The Department of Health's Health Research Group report on the National Survey on Manual Handling and Musculoskeletal Disorders states: "Within a 5-year period, the number of workers compensated for these conditions."



TYPES OF INJURY

The back is a series of interlocking vertebrae. These are separated by discs which support the spine. There is a natural curvature to your spine which is essential for its function.

The types of injury that occur are:

1. Strains, both immediate and those that occur over time due to repeated movements.
2. Sprains, both acute and chronic, and those that occur over time due to repeated movements.

Anywhere in the musculoskeletal system can be injured.



EMPLOYERS & EMPLOYEES

EMPLOYERS' DUTIES

Employers should:

1. Assess the risk of injury with all manual handling operations involving the workplace.
2. Plan to prevent or reduce the risk of injury.
3. Assess the need for manual handling to be as necessary as possible.
4. Assess the need for manual handling to be as necessary as possible.
5. Provide information and training.
6. To ensure any manual handling is done in a safe manner, it is essential to have a safe working environment.

EMPLOYER'S DUTIES

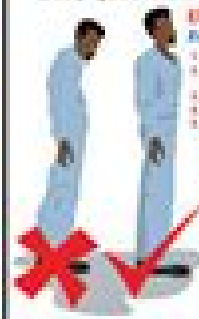
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PREVENTING BACK PAIN

As well as the procedures above, there are actions that you can take to help prevent back pain (HSE 2001).

1. Keep your weight under control, being too heavy is a risk factor for back pain.
2. Try to maintain a good posture when standing, sitting, and driving.
3. Exercise and stretch regularly.
4. Avoid lifting heavy and twisting your back, and avoid twisting your back when lifting.
5. If you get back pain, stop any activity immediately and seek advice. If you get back pain, stop any activity immediately and seek advice.



RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify the hazards present by looking at the **Task**, **Individual**, **Load**, and the **Environment**. Ask to identify who may be harmed by the activity, to look at the existing controls and to identify if further improvements are necessary.

The person carrying out the assessment should be:

1. Qualified in the Assessment of Health and Safety at Work (Assessment of Health and Safety at Work) or have a relevant qualification.
2. Qualified in the Assessment of Health and Safety at Work (Assessment of Health and Safety at Work) or have a relevant qualification.
3. Qualified in the Assessment of Health and Safety at Work (Assessment of Health and Safety at Work) or have a relevant qualification.

The assessment should be written down and the recommendations acted upon where necessary.



LOAD

- Is the weight heavy?
- Is it bulky?
- Is it awkwardly shaped?
- Is it unstable?
- Is it hot/cold/heavy?
- Is it slippery?
- Is it difficult to see?
- Is it difficult to hold?
- Is it difficult to move?
- Is it difficult to see?
- Is it difficult to hold?
- Is it difficult to move?

TASK

The activity must be assessed at the beginning to the end. Some of these aspects need to be considered:

- Is it necessary?
- Is it necessary to do it?
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INDIVIDUAL

- Are they fit and healthy to carry out the task?
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ENVIRONMENT

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HANDLING TECHNIQUES

There is a **FLAT**

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Manual Handling Risk Guide

Lauren Gardner



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