

# Safe Manual Handling

## Overview

Over a risk of accidents arises from manual handling activities and, if these, staff should be told:

### THE MAINLY CAUSING MECHANISMS OF INJURY

These regulations are intended to reduce the risk of injury to employees when carrying out manual handling, which is defined as physical activity that involves lifting, lowering, pushing and pulling.



### Typical manual handling injuries include:

- Damage to ligaments and tendons
- Sprains or strains
- Bruised skin
- Fractures

### The human body:

The back is composed of a series of short, cylindrical bones separated by cushioning discs. Tendons and muscles support the spine, and your requirement is a warning that this system is at risk of injury.

## Risk Assessment

This is the process of identifying significant risks and assessing how they arise. It then allows a range of control measures to be devised and applied, which will manage risk down to an acceptable level. Such an assessment must be carried out by a competent individual familiar with the legal requirements and the tasks undertaken. Where there are 5 or more employees, assessments must be written down.

### The assessment should consider risks to the '5 Ds' format:

#### Load

- Is the mechanical unit too heavy?
- Is the container or packaging environment too awkward?
- Can the container system be held where loads must be lifted?
- Will there be potential problems with the need to hold loads away from the body?

#### Individual

- Does the worker have any health issues?
- Are pregnant workers involved in lifting?
- Does the task require unusual standing?

#### Load

- Are there awkward or handle or force used?
- What is the weight?
- What load is used?

#### Environment

- Are there issues with temperature - too high or low?
- Are there irregularities in the floor?
- Is there enough light?
- Is the weather posing a problem, such as high winds?



## Employer & Employee Duties

### Employers:

- Must assess the level of risk faced by their employees
- Must implement a safe system of work based on the assessment
- Must assess manual handling where reasonably practicable as a condition of the employment
- Must inform any worker told on for as practicable
- Must provide relevant information and training
- Must assess assessments and work systems

### Employees:

- Must adhere to the safe system of work
- Must use the equipment and systems provided
- Must undertake training offered by the employer
- Must report any problems to they with the company procedures

### Prevention of injury:

- In order to safeguard yourself you should:
- Lift the weight with your arms and to the side with the spine in a straight line
- Maintain good posture at all times
- Always to warm-up before strenuous work
- If you feel pain, rest until completely well and seek medical aid
- Report any incident which gives rise to pain



## Good Handling Technique

### Planning

- Can I handle the load?
- Are any lifting aids available?
- Do I need help?
- What obstacles are in my way?
- Do I have any personal protective equipment that is safety critical?

### Position

- Keep feet apart with one foot leading the other
- Keep the spine straight and shoulders level
- Bend from the knees - do not lean over the load

### Grip

- Ensure a secure grip on the object being moved
- Use your fingers
- Use any footholds provided

### The lift

- Keep the chest forward
- Use your 'trunk' - lift progressively
- Use the legs to lift, not the back
- Keep the load tight against the body with any hands and arms
- Do not lift the load out by reaching
- If necessary, use the feet down to adjust your grip





# Manual Handling In The Workplace For Healthcare Personnel

**J Rink**





## **Manual Handling In The Workplace For Healthcare Personnel:**



## Decoding **Manual Handling In The Workplace For Healthcare Personnel**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Manual Handling In The Workplace For Healthcare Personnel**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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### **Table of Contents Manual Handling In The Workplace For Healthcare Personnel**

1. Understanding the eBook Manual Handling In The Workplace For Healthcare Personnel
  - The Rise of Digital Reading Manual Handling In The Workplace For Healthcare Personnel
  - Advantages of eBooks Over Traditional Books
2. Identifying Manual Handling In The Workplace For Healthcare Personnel
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Manual Handling In The Workplace For Healthcare Personnel
  - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Handling In The Workplace For Healthcare Personnel



- Personalized Recommendations
- Manual Handling In The Workplace For Healthcare Personnel User Reviews and Ratings
- Manual Handling In The Workplace For Healthcare Personnel and Bestseller Lists
- 5. Accessing Manual Handling In The Workplace For Healthcare Personnel Free and Paid eBooks
  - Manual Handling In The Workplace For Healthcare Personnel Public Domain eBooks
  - Manual Handling In The Workplace For Healthcare Personnel eBook Subscription Services
  - Manual Handling In The Workplace For Healthcare Personnel Budget-Friendly Options
- 6. Navigating Manual Handling In The Workplace For Healthcare Personnel eBook Formats
  - ePub, PDF, MOBI, and More
  - Manual Handling In The Workplace For Healthcare Personnel Compatibility with Devices
  - Manual Handling In The Workplace For Healthcare Personnel Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Manual Handling In The Workplace For Healthcare Personnel
  - Highlighting and Note-Taking Manual Handling In The Workplace For Healthcare Personnel
  - Interactive Elements Manual Handling In The Workplace For Healthcare Personnel
- 8. Staying Engaged with Manual Handling In The Workplace For Healthcare Personnel
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Manual Handling In The Workplace For Healthcare Personnel
- 9. Balancing eBooks and Physical Books Manual Handling In The Workplace For Healthcare Personnel
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Manual Handling In The Workplace For Healthcare Personnel
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Handling In The Workplace For Healthcare Personnel
  - Setting Reading Goals Manual Handling In The Workplace For Healthcare Personnel
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Handling In The Workplace For Healthcare Personnel



- Fact-Checking eBook Content of Manual Handling In The Workplace For Healthcare Personnel
- Distinguishing Credible Sources

### **13. Promoting Lifelong Learning**

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### **14. Embracing eBook Trends**

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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