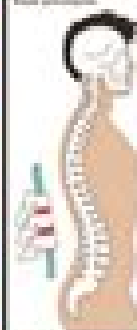


Safe Manual Handling

INTRODUCTION

LEGISLATION

There is a lot of legislation in the health care setting. However, the most common legislation relating to manual handling is the **Health and Safety (Manual Handling Operations) Regulations 1992**. These regulations are designed to protect the health of employees who are involved in manual handling tasks. They also aim to reduce the number of accidents and injuries that occur as a result of manual handling.



TYPES OF INJURY

The spine is a series of vertebrae with discs between them. These discs are made of a soft, jelly-like substance. When a person is injured, the discs can be damaged, which can lead to pain and disability.

The types of injury that can occur are:

- 1. Strains, sprains and tears of the muscles and ligaments.
- 2. Sprains, strains and tears of the intervertebral discs.
- 3. Fractures of the vertebrae.

Anywhere in the musculoskeletal system can be injured.

EMPLOYERS & EMPLOYEES

EMPLOYERS' DUTIES

Employers should:

1. Assess the risk of injury to all employees involved in manual handling.
2. Provide training to all employees.
3. Provide the best possible working conditions.
4. Provide the best possible equipment.
5. Provide the best possible information and training.
6. To ensure that all employees are aware of the risks of injury.
7. To ensure that all employees are aware of the risks of injury.

EMPLOYEES' DUTIES

Employees should:

1. Follow a safe system of work.
2. Take proper care of equipment.
3. Report any injury that occurs.
4. Report any equipment that is faulty.
5. Report any equipment that is faulty.
6. Report any equipment that is faulty.
7. Report any equipment that is faulty.

PREVENTING BACK PAIN

As well as the measures above, there are actions that you can take to help prevent back pain.

1. Keep your weight under control.
2. Try to maintain a good posture.
3. Exercise regularly.
4. Stretch and warm up before work.
5. Avoid standing for long periods.
6. Avoid lifting and carrying heavy loads.
7. Avoid twisting and turning.
8. Avoid bending and reaching.
9. Avoid carrying heavy loads.
10. Avoid carrying heavy loads.

RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify the hazards of the task.
2. Assess the risk of injury.
3. Identify the measures that can be taken to reduce the risk.

The person carrying out the assessment should be:

1. Trained in the assessment process.
2. Experienced in the task.
3. Aware of the risks of injury.
4. Aware of the measures that can be taken to reduce the risk.



LOAD

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

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

TASK

- 1. How often is the task performed?
- 2. How long does the task take?
- 3. How often does the task involve lifting or carrying?
- 4. How often does the task involve pushing or pulling?
- 5. How often does the task involve twisting or turning?
- 6. How often does the task involve bending or reaching?
- 7. How often does the task involve standing for long periods?
- 8. How often does the task involve walking or running?
- 9. How often does the task involve climbing or descending?
- 10. How often does the task involve using tools or equipment?



INDIVIDUAL

- 1. Is the person fit to perform the task?
- 2. Is the person trained to perform the task?
- 3. Is the person experienced in performing the task?
- 4. Is the person aware of the risks of injury?
- 5. Is the person aware of the measures that can be taken to reduce the risk?



ENVIRONMENT

- 1. Is the floor clean and dry?
- 2. Is the floor level?
- 3. Is the floor made of a hard material?
- 4. Is the floor made of a soft material?
- 5. Is the floor made of a slippery material?
- 6. Is the floor made of a rough material?
- 7. Is the floor made of a smooth material?
- 8. Is the floor made of a textured material?
- 9. Is the floor made of a patterned material?
- 10. Is the floor made of a solid material?

HANDLING TECHNIQUES

PLANK

- 1. What is the weight?
- 2. What is the shape?
- 3. What is the position?
- 4. Are there any other obstacles?
- 5. Is the floor level?
- 6. Is the floor clean?
- 7. Is the floor dry?
- 8. Is the floor made of a hard material?
- 9. Is the floor made of a soft material?
- 10. Is the floor made of a slippery material?



PLANK

- 1. Is the weight under control?
- 2. Is the weight under control?
- 3. Is the weight under control?
- 4. Is the weight under control?
- 5. Is the weight under control?
- 6. Is the weight under control?
- 7. Is the weight under control?
- 8. Is the weight under control?
- 9. Is the weight under control?
- 10. Is the weight under control?



PLANK

- 1. Keep the spine in a neutral alignment.
- 2. Keep the feet flat on the floor.
- 3. Keep the knees and hips in a neutral alignment.
- 4. Keep the shoulders level.

PLANK

- 1. What is the weight?
- 2. What is the shape?
- 3. What is the position?
- 4. Are there any other obstacles?
- 5. Is the floor level?
- 6. Is the floor clean?
- 7. Is the floor dry?
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How Long Does Manual Handling Last

Thomas Griffiths



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