

Safe Manual Handling

INTRODUCTION

LEGISLATION

More than a 100 European countries in the world have signed European and national laws on manual handling and lifting. These regulations are mostly in the workplace and for employers. The laws in most countries require employers to assess and control risks to avoid or reduce the number of accidents and injuries from these operations.



TYPES OF INJURY

The back is a series of bones with a thin supporting cartilage between them and ligaments which support the spine. There is a protection mechanism to warn you about potential harm to your back.

The types of injury that occur are:

1. Strains, back contusions and those that occur over time due to repeated movements.
2. Sprains, cuts and lacerations, fractures and other related bone injuries.

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify hazardous practices by looking at the **Task**, **Individual**, **Load** and the **Environment**. Then to decide what steps to be taken to reduce the risk of the existing conditions and to decide if further action is necessary.

The person carrying out the assessment should be:

1. Able to use the 'Four Components of Health and Safety' in their **Organizational Skills**, **Task**, **Manual Handling Department**, **Department**, **Individual** and any circumstances or systems.
2. Able to use the processes being carried out.
3. Competent to carry out the task.



The assessment should be written down and the recommendations used upon future handling procedures.



TASK

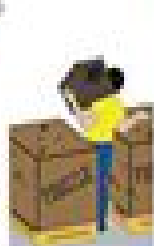
The whole task should be looked at from the beginning to the end. Some of these aspects need to be considered:

- Is it a one-off task?
- How often will it be done?
- How long will it take to do?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?



INDIVIDUAL

- How long is the person's reach?
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LOAD

- Is it a one-off task?
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ENVIRONMENT

- Is it a one-off task?
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EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

1. Assess the risks of any work with an existing handling operation occurring in the workplace.
2. Plan a safe system of work.
3. Assess the risks of any new handling work to be introduced.
4. Assess any existing risk to be as low as reasonably practicable.
5. Provide information and training.
6. To ensure any manual handling is regular intervals or at least once a year.

EMPLOYEES DUTIES

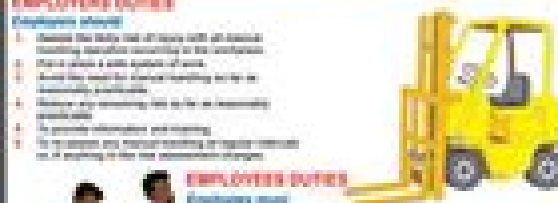
Employees should:

1. Follow the system of work.
2. Assess the risks of any new handling work to be introduced.
3. Assess any existing risk to be as low as reasonably practicable.
4. Provide information and training.
5. To ensure any manual handling is regular intervals or at least once a year.

PREVENTING BACK PAIN

Do not do the following unless you are advised that you can do it safely. Do not do it unless you are advised that you can do it safely.

1. Do not do it unless you are advised that you can do it safely.
2. Do not do it unless you are advised that you can do it safely.
3. Do not do it unless you are advised that you can do it safely.
4. Do not do it unless you are advised that you can do it safely.
5. Do not do it unless you are advised that you can do it safely.
6. Do not do it unless you are advised that you can do it safely.
7. Do not do it unless you are advised that you can do it safely.
8. Do not do it unless you are advised that you can do it safely.



HANDLING TECHNIQUES

Think - PLAN

- Where am I going?
- What am I doing?
- What is the object?
- Are there any other obstacles?
- Do I need help?
- Do I need to remove any obstacles?



Think - PLAN

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Think - PLAN

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Jeremy W. Stranks



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Table of Contents Information On Manual Handling People

1. Understanding the eBook Information On Manual Handling People
 - The Rise of Digital Reading Information On Manual Handling People
 - Advantages of eBooks Over Traditional Books
2. Identifying Information On Manual Handling People
 - 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 Information On Manual Handling People
 - User-Friendly Interface
4. Exploring eBook Recommendations from Information On Manual Handling People
 - Personalized Recommendations
 - Information On Manual Handling People User Reviews and Ratings
 - Information On Manual Handling People and Bestseller Lists
5. Accessing Information On Manual Handling People Free and Paid eBooks
 - Information On Manual Handling People Public Domain eBooks
 - Information On Manual Handling People eBook Subscription Services
 - Information On Manual Handling People Budget-Friendly Options

6. Navigating Information On Manual Handling People eBook Formats
 - ePub, PDF, MOBI, and More
 - Information On Manual Handling People Compatibility with Devices
 - Information On Manual Handling People Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Information On Manual Handling People
 - Highlighting and Note-Taking Information On Manual Handling People
 - Interactive Elements Information On Manual Handling People
8. Staying Engaged with Information On Manual Handling People
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 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Information On Manual Handling People
9. Balancing eBooks and Physical Books Information On Manual Handling People
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Information On Manual Handling People
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Information On Manual Handling People
 - Setting Reading Goals Information On Manual Handling People
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Information On Manual Handling People
 - Fact-Checking eBook Content of Information On Manual Handling People
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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