

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 usually in the employment and/or workplace. They often include specific regulations on lifting, pushing and pulling. It is important to know whether the laws in your country are strict enough to prevent 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 muscle and tissue that occur over time due to repeated movements.
2. Sprains, such as twisting, twisting and overstretching the joints.

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 see the task/operation of lifting and taking in their **Regulatory Role**, the **Manual Handling Department**, **Department** and **Department** and any instructions or updates.
2. Able to see the processes being carried out.
3. Competent to carry out the task.



The assessment should be written down and the recommendations used to guide the necessary 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 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?
- How often will it be done?



INDIVIDUAL

- Is the person fit and healthy to carry out the task?
- Does the person have any previous injuries?
- Does the person have any previous injuries?
- Does the person have any previous injuries?
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- Does the person have any previous injuries?
- Does the person have any previous injuries?
- Does the person have any previous injuries?



LOAD

- Is the load too heavy?
- Is the load too heavy?
- Is the load too heavy?
- Is the load too heavy?
- Is the load too heavy?
- Is the load too heavy?
- Is the load too heavy?
- Is the load too heavy?



ENVIRONMENT

- Is there enough space?
- Is the floor clean and dry?
- Is the floor clean and dry?
- Is the floor clean and dry?
- Is the floor clean and dry?
- Is the floor clean and dry?
- Is the floor clean and dry?
- Is the floor clean and dry?

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 work with an existing handling operation occurring in the workplace.
4. Assess the risks of any work with an existing handling operation occurring in the workplace.
5. Assess the risks of any work with an existing handling operation occurring in the workplace.
6. Assess the risks of any work with an existing handling operation occurring in the workplace.
7. Assess the risks of any work with an existing handling operation occurring in the workplace.
8. Assess the risks of any work with an existing handling operation occurring in the workplace.

EMPLOYEES DUTIES

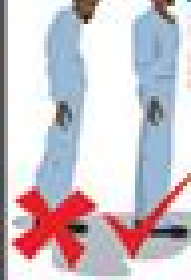
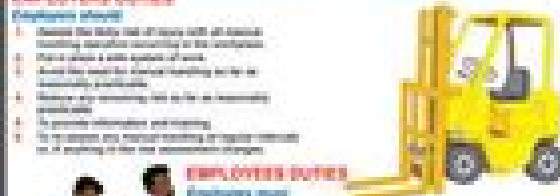
Employees should:

- 1. Follow the system of work.
- 2. Follow the system of work.
- 3. Follow the system of work.
- 4. Follow the system of work.
- 5. Follow the system of work.
- 6. Follow the system of work.
- 7. Follow the system of work.
- 8. Follow the system of work.

PREVENTING BACK PAIN

Do not do the process above these are actions that you can do to help prevent back pain.

- 1. Do not lift or carry heavy loads for your back.
- 2. Do not lift or carry heavy loads for your back.
- 3. Do not lift or carry heavy loads for your back.
- 4. Do not lift or carry heavy loads for your back.
- 5. Do not lift or carry heavy loads for your back.
- 6. Do not lift or carry heavy loads for your back.
- 7. Do not lift or carry heavy loads for your back.
- 8. Do not lift or carry heavy loads for your back.



HANDLING TECHNIQUES

Think - PLAN

- 1. Where am I going?
- 2. What am I doing?
- 3. What is the object?
- 4. How much weight can I lift?
- 5. How much weight can I lift?
- 6. How much weight can I lift?
- 7. How much weight can I lift?
- 8. How much weight can I lift?



Think - ASSESS

- 1. Is it moving outside the body for the task?
- 2. Is it moving outside the body for the task?
- 3. Is it moving outside the body for the task?
- 4. Is it moving outside the body for the task?
- 5. Is it moving outside the body for the task?
- 6. Is it moving outside the body for the task?
- 7. Is it moving outside the body for the task?
- 8. Is it moving outside the body for the task?



Think - FEEL

- 1. Keep the spine in its normal alignment.
- 2. Keep the spine in its normal alignment.
- 3. Keep the spine in its normal alignment.
- 4. Keep the spine in its normal alignment.
- 5. Keep the spine in its normal alignment.
- 6. Keep the spine in its normal alignment.
- 7. Keep the spine in its normal alignment.
- 8. Keep the spine in its normal alignment.

Think - LIFT

- 1. Keep the spine in its normal alignment.
- 2. Keep the spine in its normal alignment.
- 3. Keep the spine in its normal alignment.
- 4. Keep the spine in its normal alignment.
- 5. Keep the spine in its normal alignment.
- 6. Keep the spine in its normal alignment.
- 7. Keep the spine in its normal alignment.
- 8. Keep the spine in its normal alignment.



Think - PUT

- 1. Keep the spine in its normal alignment.
- 2. Keep the spine in its normal alignment.
- 3. Keep the spine in its normal alignment.
- 4. Keep the spine in its normal alignment.
- 5. Keep the spine in its normal alignment.
- 6. Keep the spine in its normal alignment.
- 7. Keep the spine in its normal alignment.
- 8. Keep the spine in its normal alignment.



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M Tight



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