

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 new Manual Handling Regulations apply to any situation where manual handling occurs. It offers a framework for reducing the number of incidents experienced from these operations.



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 also related to the spine.

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. Put in place a safe system of work.
3. Assess the need to avoid handling or to use mechanical aids.
4. Assess the need to use lifting aids.
5. Assess the need to use lifting aids.
6. Provide information and training.
7. To ensure any manual handling is done in a safe manner.
8. To ensure any manual handling is done in a safe manner.

EMPLOYER'S DUTIES

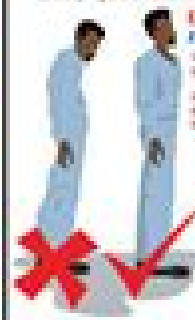
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PREVENTING BACK PAIN

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

1. Keep your weight under control.
2. Try to avoid carrying heavy loads.
3. Avoid carrying heavy loads.
4. Avoid carrying heavy loads.
5. Avoid carrying heavy loads.
6. Avoid carrying heavy loads.
7. Avoid carrying heavy loads.
8. Avoid carrying heavy loads.



RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify the hazards by looking at the task, the individual, the 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 in the workplace.
2. Qualified in the assessment of health and safety in the workplace.
3. Qualified in the assessment of health and safety in the workplace.

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



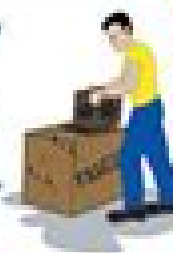
LOAD

- Is the load heavy?
- Is the load bulky?
- Is the load awkwardly shaped?
- Is the load unstable?
- Is the load slippery?
- Is the load hot or cold?
- Is the load sharp?
- Is the load toxic?
- Is the load flammable?
- Is the load explosive?
- Is the load radioactive?
- Is the load corrosive?
- Is the load infectious?
- Is the load radioactive?
- Is the load corrosive?
- Is the load infectious?

TASK

The activity must be assessed at the beginning, the end, and at the time the activity is being carried out.

- Is the task repetitive?
- Is the task awkward?
- Is the task involving a lot of lifting or carrying?
- Is the task involving a lot of pushing or pulling?
- Is the task involving a lot of twisting or turning?
- Is the task involving a lot of bending or stooping?
- Is the task involving a lot of reaching or stretching?
- Is the task involving a lot of climbing or descending?
- Is the task involving a lot of walking or running?
- Is the task involving a lot of standing or sitting?
- Is the task involving a lot of kneeling or crouching?
- Is the task involving a lot of crawling or crawling?
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INDIVIDUAL

- Is the individual fit to do the work?
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ENVIRONMENT

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HANDLING TECHNIQUES

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Manual Handling Operations

**Great Britain. Health and Safety
Executive**



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Manual Handling Great Britain, Health and Safety Executive Staff, Great Britain. Health and Safety Executive, 2016-09
Manual Handling, 2004 Second Evaluation of the Manual Handling Operations Regulations (1992) and Guidance
Health And Safety Executive Staff, Rebecca Lancaster, Andrew Alder, Catherine Jacobson Maher, Entec UK Limited, Great Britain. Health and Safety Executive, Entec, 2001-06-11 Manual handling is a major cause of injury and ill health in the workplace To implement the European Directive on the manual handling of loads 90 269 EEC the Manual Handling Operations Regulations 1992 MHOR were introduced from 1 January 1993 A first evaluation study of the impact of the Regulations in 1996 found employers had accepted the need to control risks associated with manual handling and they found the ergonomic approach adopted by the Regulations to be an appropriate means of doing this **Ultimate Guide to Manual Handling** Lee Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way *Manual Handling in Health and Social Care* Michael Mandelstam, 2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety **Manual Handling Operations** Geoffrey Laycock, 1996 **Manual handling**, 1996 *Manual Handling Operations Regulations 1992* Great Britain. Health and Safety Executive, 1993 *Manual Handling*, 1998 **Manual Handling** Health and Safety Commission, 1992
Manual Handling (operations Regulations 1992). HSE., 2004 **Manual Handling** Great Britain. Health and Safety Executive, 1992 Manual handling causes large numbers of injuries each year This guide gives advice on new regulations which replace the old legislation with a modern ergonomic approach For the purposes of risk assessment and this guidance manual handling includes lowering pushing pulling moving of lifting loads whether by hand or by other bodily force
Manual Handling in Health and Social Care, Second Edition Michael Mandelstam, 2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases **Manual Handling Operations Regulations 1992**, 1994 **Manual Handling** Health and Safety Executive (HSE), 2004-01 Offers guidance on the Manual Handling Operations Regulations 1992 as amended by the Health and Safety Miscellaneous Amendments Regulations 2002 the Regulations **Guidance Notes on Manual Handling Operations** Hong Kong Occupational Safety and Health Branch, 1998 *Manual Handling* Great Britain. Health and Safety Executive, 1992 This publication is aimed at employers and employees across all industries It gives revised guidance on the Manual Handling Operations Regulations 1992
Safety Tips for Manual Handling Operations (MHO). Hospital Authority (Hong Kong, China), ReHabAid Centre, 2000

Local Rules for Safety in Manual Handling Operations University of Strathclyde,1994 *Safety in Manual Handling Operations* Hong Kong Labour Department. Occupational Safety and Health Branch,1999

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