



MANUAL HANDLING



LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS



ASSESS your task FIRST

ASK: Can you fit your shoulders over the load? Clear any obstacles from your path and know where obstacles will be in an unclear path.



Position your feet apart

Ensure your legs are shoulder width apart for maximum support. Walk in small steps to maintain shoulder width placement.



TIGHTEN your abs

Using your core abdominal muscles will hold you in the proper lifting position and reduce strain on your spine.

LIFT with your LEGS

Bend at the knees & hips not your back - Your leg muscles are stronger than your back and can withstand greater force. This is known as the Sore Shout Technique (Frog Lift).

Keep your back STRAIGHT

When you keep your back straight (neutral) your legs carry the majority of the weight making you less likely to injure your back.

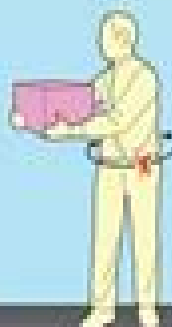


HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and closer to your body than at any other height, similar to how your body.

Avoid lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid carrying objects at these heights when possible.

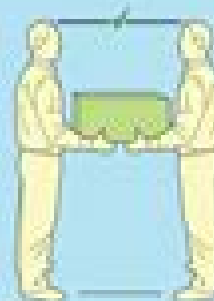


Don't BEND or TWIST while you are lifting or carrying

Improper bending or twisting could throw you off balance or cause injury.

Use lifting aids

When possible use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include: strapping, conveyor belts, trolleys, cranes or forklifts.



Two person lifts

When lifting with two or more people ALWAYS ensure people of same size and strength for manual handling tasks.

LIMIT

KNOW your limits!

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is extremely large or unstable, it can be difficult to lift. It is better to ask and ask for assistance than to try and lift something that could potentially cause injury.



REDUCE the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent trips, e.g. throw a heavy box into smaller packets.



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Manual Handling New Zealand. Occupational Safety & Health Service,1991 *National Standard for Manual Handling*,2001 The objectives of this national standard are to prevent the occurrence of injury and or reduce the severity of injuries resulting from manual handling tasks in workplaces and to require employers to identify assess and control risks arising from manual handling activities in workplaces 1990 Planning Occupational Health and Safety Gabrielle Grammeno,2009

Planning Occupational Health Safety is a convenient handbook for OHS practitioners line managers students and anyone who needs an overview of the legal and managerial aspects of managing OHS risks in organisations Publisher description

Managing Occupational Health and Safety Philip Bohle,Michael Quinlan,2000 First published in 1999 this second edition has been revised and updated taking into account new information research and policy debates The amount of international information has been increased and a chapter on New Zealand has been added Takes a holistic and multidisciplinary approach to managing occupational health and safety Includes references a bibliography and an index Bohle is professor in the School of Industrial Relations and Organisational Behaviour and Quinlan is professor of industrial relations at the University of NSW Both authors have published widely on occupational health and safety Australian Master OHS and Environment Guide ,2007 The first point of reference for all OHS and environmental best practice and strategy providing operational guidance with examples to achieve optimal workplace safety and environmental sustainability **Guide to**

Manual Materials Handling A. Mital,2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person s capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives **Occupational Health and Safety in Construction Project Management** Helen Lingard,2005 This

book addresses an increasingly important area in the construction industry Case studies are used extensively to illustrate important points and refer to current successful safety management techniques **Handbook of Standards and**

Guidelines in Ergonomics and Human Factors Waldemar Karwowski,2005-12-16 A comprehensive review of international and national standards and guidelines this handbook consists of 32 chapters divided into nine sections that

cover standardization efforts anthropometry and working postures designing manual material human computer interaction occupational health and safety legal protection military human factor standar *Introduction to Health and Safety at Work* Phil Hughes MBE, Phil Hughes, Ed Ferrett, 2015-08-27 *Introduction to Health and Safety at Work* covers the fundamentals of occupational safety and health for the thousands of students who complete the NEBOSH National General Certificate in Occupational Health and Safety each year Fully revised in alignment with the April 2015 syllabus this sixth edition provides students with all they need to tackle the course with confidence The highly illustrated content covers all of the essential elements of health and safety management the legal framework risk assessment and control standards and also includes checklists report forms and record sheets to supplement learning Aligned to the NEBOSH National General Certificate in Occupational Health and Safety Practice questions and answers to test knowledge and increase understanding Complete with a companion website containing extra resources for tutors and students at [www.routledge.com cw hughes](http://www.routledge.com/cw/hughes) Written by renowned authors the *Introduction to Health and Safety at Work* is also a handy reference for managers and directors dealing with the day to day issues of health and safety and is of great value to those studying for level 3 N SVQ and the NEBOSH National Diploma **Occupational Health and Safety Training** , *Oxford Handbook of Occupational Health* Steven Sadhra, Alan Bray, Steve Boorman, 2022-05-09 Fully revised for this third edition the *Oxford Handbook of Occupational Health* is a concise practice based guide to the area Bringing together the latest legislation and guidance with current practice in the field this is an authoritative reference to assessing and managing health risks in the workplace Consisting of twelve sections covering the full breadth of practice this Handbook covers workplace hazards and diseases occupational health emergencies and practical procedures This third edition also contains new information on ethics work health and disability infection control respiratory disorders and fitness for work with updated diagrams figures and chemical structures to aid reader understanding Providing a thorough easy to use guide to the whole of occupational health this Handbook is the essential resource for all occupational physicians occupational health nurses and all those dealing with workplace health and fitness giving you the information you need at your fingertips **Information Technology** Ingrid Koreneff, Kerry Sims-McLean, 2005 *International Health and Safety at Work* Phil Hughes MBE, Phil Hughes, Ed Ferrett, 2015-09-16 *International Health and Safety at Work* has been specially written in simple English for the thousands of students who complete the NEBOSH International General Certificate in Health and Safety each year Fully revised in alignment with the April 2015 syllabus this third edition provides students with all they need to tackle the course with confidence Clear easily accessible information is presented in full colour with discussion of essential principles such as ILO and OSH conventions as well as legal frameworks from a range of countries Aligned to the NEBOSH International General Certificate in Occupational Health and Safety Practice questions and answers to test knowledge and increase understanding Complete with a companion website containing extra resources for tutors and students at [www.routledge.com cw hughes](http://www.routledge.com/cw/hughes) The only textbook endorsed for

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underpins occupational therapy practice A global outlook is intrinsic to this edition of the book as demonstrated by the large number of contributors recruited from across the world Covers everything the student needs within the physical disorders part of their course Links theory of principles to practice and management Written and edited by a team of internationally experienced OT teachers clinicians and managers Gives key references and further reading lists for more detailed study Written within a framework of lifespan development in line with current teaching and practice Includes practice scenarios and case studies Focuses on strategies New title echoes the contemporary strength based and occupation focused nature of occupational therapy practice which involves working with people and not medical conditions and diagnoses Content and structure reviewed and shaped by an international panel of students new graduates 22 additional chapters 100 expert international contributors Evolve Resources evolve elsevier com Curtin OT contains 3 bonus interactive practice stories with reflective videos 360 MCQs 200 reflective questions 250 downloadable images Critical discussion of the ICF in the context of promoting occupation and participation Pedagogical features summaries key points and multiple choice and short answer reflective questions Occupational Health Nursing Katie Oakley, 2008-04-15 Occupational Health is the promotion and maintenance of the highest degree of physical mental and social well being of workers in all occupations by preventing departures from health controlling risks and the adaptation of work to people and people to their jobs Occupational Health Nursing has now become a major reference text on occupational health nursing courses It is the only book on the market written entirely by occupational health nurses for nurses This 3rd edition brings the book up to date with new legislation guidance and developments This book can be used for quick reference purposes or as a resource for more detailed research and projects Each chapter stands alone and authors have been chosen for their particular expertise in the topic

Introduction to Health and Safety at Work Phil Hughes, Ed Ferrett, 2009 Introduction to Health and Safety at Work has been developed for the NEBOSH National General Certificate in Occupational Safety and Health Each element of the syllabus has a dedicated chapter and both taught units are covered in this book A chapter on international aspects also makes this book suitable for the NEBOSH International General Certificate in Occupational Safety and Health Previous editions of this book have been used for other NVQ level 3 and 4 courses in health and safety Full colour pages and hundreds of illustrations bring health and safety to life To make studying easier each chapter starts with learning outcome summaries and ends with questions taken from recent NEBOSH examinations Specimen answers and a study skills chapter aid exam preparation As an introduction to all areas of occupational safety and health the book acts as a practical reference for managers and directors with health and safety responsibilities and safety representatives It covers the essential elements of health and safety management the legal framework risk assessment and control standards and includes handy forms and checklists New in this edition Updated throughout in line with changes in the regulations Learning outcomes now included at the beginning of each chapter Companion website with downloadable health and safety forms Endorsed by NEBOSH Student

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Contemporary Ergonomics 2005 Philip D. Bust, 2023-04-21 The broad and developing scope of ergonomics the application of scientific knowledge to improve peoples interaction with products systems and environments has been illustrated for over twenty years by the books that make up the Contemporary Ergonomics series Presenting the proceedings of the Ergonomics Society s annual conference the series embraces the wide range of topics Individual papers provide insight into current practice present new research findings and form an invaluable reference source The volumes provide a fast track for the publication of suitable papers from international contributors These are chosen on the basis of abstracts submitted to a selection panel in the autumn prior to the Ergonomics Society s annual conference held in the spring A wide range of topics are covered in these proceedings including applications of ergonomics air traffic control cognitive ergonomics defence design environmental ergonomics ergonomics4schools hospital ergonomics inclusive design methods and tools occupational health and safety slips trips falls and transport As well as being of interest to mainstream ergonomists and human factors specialists Contemporary Ergonomics will appeal to all those who are concerned with people s interactions with their working and leisure environment including designers manufacturing and production engineers health and safety specialists occupational applied and industrial psychologists and applied physiologists *Health and Safety at Work* Jeremy Stranks, 2007-11 Health and safety legislation has significantly changed over the last 10 years and regulation is now required in service sector industries as well as those described as dangerous after increasing complaints of muscle injury and stress related illnesses This revised edition of Health and Safety at Work has been updated to include the latest legislation and considerations required for your workplace including Construction Regulations 2007 Smoking at work Health Act 2006 Principles of good practice Control Of Substances Hazardous to Health Regulations Work at height 2005 Control of noise at work 2005 Behavioural society and Workplace exposure limits This practical guide continues to provide advice on how to establish procedures in your organization Written in jargon free language it cuts through the legal complexities to enable your full understanding of the law and your peace of mind when putting procedures in place Formerly published as A Manager s Guide to Health Safety at Work

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