

SAFE MANUAL HANDLING

INTRODUCTION

LEGISLATION

Employers must follow the Health and Safety Regulations and the Manual Handling Operations Regulations 1992. These regulations are designed to protect workers from injury and illness caused by the way they handle loads. They also require employers to assess the risks of manual handling tasks and to take steps to reduce the risk of injury and illness.



TYPES OF INJURY

The back is a complex of bones and soft tissue. It is designed to support the body. It is also the most vulnerable part of the body. It can be injured by a variety of factors, including poor posture, overexertion, and repetitive movements.

The types of injury that occur are:

- Strain, sprain and bruise to the spine and the surrounding muscles.
- Spinal disc protrusion, fracture and compression fracture.

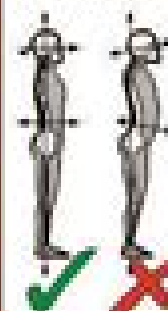
What is the risk of injury from manual handling?	
Task	Risk

Anywhere in the musculo-skeletal system can be injured

EMPLOYERS AND EMPLOYEES

EMPLOYERS DUTIES

- Employers should:
- Assess the risks of all manual handling operations.
 - Provide training for all employees.
 - Provide information on the risks of manual handling.
 - Provide information on the risks of manual handling.
 - Provide information on the risks of manual handling.
 - Provide information on the risks of manual handling.
 - Provide information on the risks of manual handling.



EMPLOYEE DUTIES

- Employees must:
- Follow a safe system of work.
 - Use correct lifting techniques.
 - Use correct posture.
 - Use correct posture.
 - Use correct posture.
 - Use correct posture.
 - Use correct posture.

PREVENTING BACK PAIN

- As well as the measures above there are others that you can take to help prevent back pain. These are:
- Take regular breaks from lifting.
 - Take regular breaks from lifting.
 - Take regular breaks from lifting.
 - Take regular breaks from lifting.
 - Take regular breaks from lifting.
 - Take regular breaks from lifting.
 - Take regular breaks from lifting.

RISK ASSESSMENT 1

The purpose of risk assessment is to:

- Identify potential hazards to health and safety.
- Assess the risks to health and safety.
- Assess the risks to health and safety.
- Assess the risks to health and safety.

The person carrying out the assessment should be:

- Trained in the use of risk assessment.
- Trained in the use of risk assessment.
- Trained in the use of risk assessment.
- Trained in the use of risk assessment.



The assessment should be written down and the recommendations should be followed.

GOOD HANDLING TECHNIQUES 1

GOOD HANDLING TECHNIQUES

- Task - Lift**
- Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.



- Task - Push**
- Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.



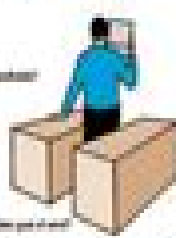
- Task - Pull**
- Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.

RISK ASSESSMENT 2

TASK

- The task should be assessed as follows:
- Is the task repetitive?
 - Is the task repetitive?
 - Is the task repetitive?
 - Is the task repetitive?
 - Is the task repetitive?
 - Is the task repetitive?
 - Is the task repetitive?

- Individual**
- Is the task repetitive?
 - Is the task repetitive?
 - Is the task repetitive?
 - Is the task repetitive?
 - Is the task repetitive?
 - Is the task repetitive?
 - Is the task repetitive?



GETTING HELP

- Task - Lift**
- Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.
 - Keep your feet apart.



Osha Standards For Manual Lifting

Mark Steyvers



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