



Manual Handling

Manual Handling is the movement of loads including lifting, lowering, pushing, pulling, or carrying or moving, by hand or by bodily force. Awkward postures, poor lifting techniques, and failing to route plan will all increase the risk of injury during manual handling tasks.

Importance

With manual handling being the leading cause of MSD injuries, it is important to make use of the good handling techniques.

Regulations

The Model Code of Practice: How to Manage Work Health and Safety Risks (as attached) cover manual handling at work, assess the risks, reduce the need by providing mechanical aids and train staff in good manual handling techniques.

Guidance

Consider the tasks:

- Avoid twisting the trunk.
- Avoid stooping or reaching upwards.
- Assess the frequent physical effort.
- Avoid sudden movement of loads.
- Minimize prolonged physical effort.
- Allow for rest and recovery period.

Consider the individuals capacity.

- Strength of individual.
- Knowledge of the load and task.
- Training and experience.

Consider the load and give extra control for:

- Heavy loads
- Bulky loads
- Unstable loads
- Sharp edges

Consider the working environment.

- Restrictions preventing good posture.
- Uneven, slippery, unstable floors
- Changes in floor levels
- A windy or dusty atmosphere.
- Physical obstructions.
- Poor lighting.

SUMMARY

In summary, a risk assessment should be completed before manual handling commences. Consider the task, the individual, the load, and the environment.