

Safe Manual Handling

INTRODUCTION

LEGISLATION

Manual handling is a major cause of work-related musculoskeletal disorders (MSDs). The Health and Safety Commission (HSC) has published a series of guidelines to help employers and employees understand the risks of MSDs and how to prevent them. The HSC also provides a range of resources to help employers and employees understand the risks of MSDs and how to prevent them.



POSSIBLE INJURY

Problems can arise if you are working with loads that are too heavy, too awkward, or too far from you. This can lead to a range of injuries, including:

- Back pain
- Neck pain
- Shoulder pain
- Wrist pain
- Carpal tunnel syndrome
- Repetitive strain injury
- Musculoskeletal disorders (MSDs)

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

How to carry out a risk assessment for MSDs

1. Identify the tasks that involve manual handling.
2. Assess the risks of each task.
3. Identify the measures that can be taken to reduce the risks.

Measures to reduce the risk of MSDs

1. Avoid lifting. The Management of Health and Safety at Work Regulations 1992, The Manual Handling Operations Regulations 1992, and the Lifting Operations and Lifting Equipment Regulations 1998 all require employers to assess the risks of manual handling tasks and to take measures to reduce the risks.
2. Avoid carrying. The Manual Handling Operations Regulations 1992 require employers to assess the risks of carrying tasks and to take measures to reduce the risks.
3. Avoid pushing and pulling. The Manual Handling Operations Regulations 1992 require employers to assess the risks of pushing and pulling tasks and to take measures to reduce the risks.



The assessment should be written down and the measures to reduce the risk of MSDs should be implemented.

TASKS

The tasks that involve manual handling are listed in the table below. The tasks are listed in order of increasing risk of MSDs.

- Lifting and lowering
- Carrying
- Pushing and pulling
- Holding
- Reaching
- Twisting
- Bending
- Repetitive movements
- Forceful movements
- Awkward postures
- Long duration
- High frequency
- High intensity
- High risk

MEASURES TO REDUCE THE RISK OF MSDs

- Avoid lifting and lowering heavy loads.
- Avoid carrying heavy loads.
- Avoid pushing and pulling heavy loads.
- Avoid holding heavy loads.
- Avoid reaching for heavy loads.
- Avoid twisting the body.
- Avoid bending the body.
- Avoid repetitive movements.
- Avoid forceful movements.
- Avoid awkward postures.
- Avoid long duration.
- Avoid high frequency.
- Avoid high intensity.
- Avoid high risk.



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- Avoid awkward postures.
- Avoid long duration.
- Avoid high frequency.
- Avoid high intensity.
- Avoid high risk.



EMPLOYERS & EMPLOYEES

EMPLOYERS' DUTIES

1. Assess the risks of MSDs in the workplace.
2. Implement measures to reduce the risks of MSDs.
3. Provide training to employees on safe manual handling techniques.
4. Provide information to employees on the risks of MSDs.
5. Provide access to first aid facilities.
6. Provide access to health and safety representatives.
7. Provide access to health and safety committees.
8. Provide access to health and safety advisors.
9. Provide access to health and safety inspectors.
10. Provide access to health and safety enforcement agencies.



EMPLOYEES' DUTIES

- Follow the instructions of the employer.
- Use the equipment correctly.
- Report any problems to the employer.
- Report any injuries to the employer.
- Report any near misses to the employer.
- Report any hazards to the employer.
- Report any risks to the employer.
- Report any MSDs to the employer.
- Report any other issues to the employer.

PREVENTING BACK PAIN

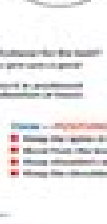
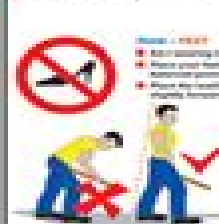
- Keep the back straight.
- Keep the feet shoulder-width apart.
- Keep the knees slightly bent.
- Keep the hips slightly bent.
- Keep the shoulders slightly bent.
- Keep the arms slightly bent.
- Keep the wrists straight.
- Keep the fingers straight.
- Keep the thumb straight.
- Keep the index finger straight.
- Keep the middle finger straight.
- Keep the ring finger straight.
- Keep the pinky finger straight.
- Keep the thumb slightly bent.
- Keep the index finger slightly bent.
- Keep the middle finger slightly bent.
- Keep the ring finger slightly bent.
- Keep the pinky finger slightly bent.



HANDLING TECHNIQUES

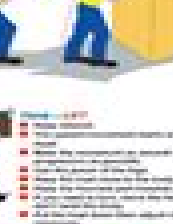
How to lift

- Keep the back straight.
- Keep the feet shoulder-width apart.
- Keep the knees slightly bent.
- Keep the hips slightly bent.
- Keep the shoulders slightly bent.
- Keep the arms slightly bent.
- Keep the wrists straight.
- Keep the fingers straight.
- Keep the thumb straight.
- Keep the index finger straight.
- Keep the middle finger straight.
- Keep the ring finger straight.
- Keep the pinky finger straight.
- Keep the thumb slightly bent.
- Keep the index finger slightly bent.
- Keep the middle finger slightly bent.
- Keep the ring finger slightly bent.
- Keep the pinky finger slightly bent.



How to carry

- Keep the back straight.
- Keep the feet shoulder-width apart.
- Keep the knees slightly bent.
- Keep the hips slightly bent.
- Keep the shoulders slightly bent.
- Keep the arms slightly bent.
- Keep the wrists straight.
- Keep the fingers straight.
- Keep the thumb straight.
- Keep the index finger straight.
- Keep the middle finger straight.
- Keep the ring finger straight.
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Ambulance Care Training Manual

L. Flynn (comp)



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Development: Education and Training; [a Bibliography]. William Eugene Tarrants,1978 **Resources in education**

,1984-06 *Intermediate Emergency Care and Transportation of the Sick and Injured* Rhonda J. Beck,American Academy of Orthopaedic Surgeons,2004-09 This text bridges the gap between the two curricula while still keeping them separate making it user friendly for any instructor and students **Emergency Medical Care** United States. National Highway Traffic

Safety Administration,1983 *Emergency Medical Services: a Bibliography* L. Flynn (comp),1976 *A Subject*

Bibliography from Highway Safety Literature United States. National Highway Traffic Safety Administration,1978

Emergency Medical Technician--ambulance United States. National Highway Traffic Safety Administration,1984

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