

# Manual handling

Performed incorrectly, manual handling can put stress on the body and cause serious injury. The hazards involved occur when a person is required to lift, lower, push, carry or otherwise move, hold or restrain a load.

How to avoid a manual handling injury when lifting:



1

Plan and check for dangers to yourself or others. Is the destination of the load clear, free from obstruction and within reason?



2

Check your balance and position. Is the load stable, within your weight limits and easy to grip?



3

When lifting items use your legs. Do not jerk when lifting. Keep the movement smooth and take a rest if needed.



4

When moving your load, move from your feet. Do not twist and keep the heaviest part of the load against your body.



5

Ensure that others can see you. If required, wear your personal protective equipment (PPE).

## Injury may result when a person:

- Sustains or holds an awkward posture.
- Uses repetitive or sustained force.
- Uses high or sudden force.
- Performs repetitive movement without breaks.
- Lifts weights above their limit.

## As an employer you must:

- identify hazards.
- eliminate the risks wherever possible.
- minimise the risk by implementing control measures.
- maintain control measures and update procedures frequently so they remain effective.
- constantly review risk control measures.
- seek professional advice to avoid any potential injury to staff and costly claims.

## As an employer you must:

- ensure you are aware of, and follow all policies or procedures your employer has in place.
- take reasonable care for your own health and safety and do not place other workers at risk by your actions.
- use correct lifting procedures.
- use mechanical aids or team lifting.
- comply with any reasonable instruction given by your employer or manager.
- be proactive in identifying and reporting potential hazardous manual handling tasks.
- notify your manager immediately of any injuries or illness.

# Occupational Health And Safety Manual Handling

**Julia Schneider**



## **Occupational Health And Safety Manual Handling:**

**Health and Safety at Work** Jeremy Stranks, 2010-08-03 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 you to fully understanding the law and its implications to your business The 9th edition has been updated to comply with all recent changes and additions to Health and Safety law Updates include guidance on The Corporate Manslaughter and Homicide Act 2007 Health and Safety Offences Act EU Regulation concerning the Registration Evaluation Authorisation and Restriction of Chemicals REACH Asbestos and the Control of Asbestos at Work Regulations and Vibration induced injury and the Control of Vibration at Work Regulations Formerly published as A Manager's Guide to Health Safety at Work *The Manager's Guide to Health and Safety at Work* Jeremy Stranks, 2006 This new edition is essential reading for all managers responsible for the welfare of their staff As well as advising on the complicated legal obligations it also explains how to ensure an appropriate level of control over health risks

**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 *A Manager's Guide to Health & Safety at Work* Jeremy W. Stranks, 2003 A Manager's Guide to Health and Safety at Work continues to serve as a standard reference text for all levels of management particularly in the case of those small to medium sized enterprises that may not be in a position to employ a health and safety specialist

**Manual Handling** New Zealand. Occupational Safety & Health Service, 1991 **Manual Handling**, 1994 Provides guidance to help employers to avoid manual handling or reduce the risk of injury in areas where assessment shows there is a risk Each solution is illustrated with a photograph or diagram with a short explanatory paragraph Content Avoiding manual handling Redesigning the load Redesigning the task Mechanical handling aids Environmental effects Automation

**Guidance Note for Manual Handling in the Retail Industry**, 2001 This guidance note provides advice on ways to prevent manual handling injuries in the retail industry Issues addressed include consultation between employers employees and employee representatives the ergonomic design of workplace layout work practices equipment and fittings risk identification assessment and control and the review and evaluation of control measures Some suggestions for solutions and improvements to common manual handling tasks performed in the retail industry are illustrated The guidance note is intended for unions employers management employees health and safety committee representatives safety officers occupational health and safety professionals and others requiring guidance 1992 **MANUAL HANDLING RISK**

**ASSESSMENT. NEBOSH HSE.**, 2022 **The Occupational Health and Safety (manual Handling) Regulations 1988**

, 1988 **The Health & Safety Handbook** Jeremy Stranks, 2006 Employers have a duty to provide health and safety information instruction and training for their staff The Health and Safety Handbook enables managers to comply with the law

and draw up health and safety procedures for their workplace Clearly laid out with flow charts and key point summaries the handbook will enable managers to put together their own health and safety policies Simplified procedures dealing with common accidents in the workplace as well as an extensive list of abbreviations are also supplied to help readers understand the legal terminology

**The Occupational Health and Safety (manual Handling) Regulations 1988**, 1988 *The Occupational Health and Safety (Manual Handling) Regulations 1988*, 1988

**Occupational Health and Safety (Manual Handling) Regulations 1999** Victoria, 1999

Health and Safety at Work For Dummies RRC, 2016-03-21 Are you complying with health and safety regulations in the workplace Making mistakes in many areas of health and safety can be both incredibly dangerous and hugely costly So what can you do to avoid hazards and expensive time consuming legal battles That s where Health Safety at Work For Dummies comes in Cutting through the clutter it provides you with the practical must know information you need to ensure your workplace is a suitably safe environment that complies with government health and safety rules and regulations Did you know that in 2014 1 2 million working people suffered from work related illnesses 2 535 mesothelioma deaths occurred due to past asbestos exposure and 133 workers were killed on the job The list goes on and the statistics are staggering Health Safety at Work For Dummies shows you how to keep your employees safe from becoming another statistic in this frightening data Arming you with critical information needed to adhere to health and safety regulations it offers expert guidance on managing and implementing health and safety in your business controlling workplace risks going the extra mile in following orders and much more Offers an easy to follow overview for getting started with health and safety Provides tips and advice for planning your health and safety management Includes guidance on monitoring and reviewing your health and safety systems Clearly demonstrates how to organize and motivate your workforce to comply with rules and regulations You can t afford to run a business that doesn t provide a safe work environment Be smart safe and proactive with the help of this essential guide

*Common Sense Guide to Health & Safety at Work* Subash Ludhra, 2014-02-05 An essential and short guide for employees who need to know more about health and safety in the workplace without wanting to spend hours reading dozens of different documents Whether it s for use alongside a training course or simply to brush up on your knowledge it s perfect for equipping you with the principles of health and safety Friendly and accessible this Common Sense Guide covers all the main aspects of health and safety in manageable chapters to provide you with the knowledge and understanding you need to look after yourself and others in the workplace Suitable for the non health and safety professional Includes questions at the end of each module to consolidate your health and safety knowledge Certificate offered to those who complete the exam at the end of the book and return to be marked externally

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

**Regulations and Code of Practice for Manual Handling** Victoria, Victoria. Health and Safety Organisation, Victoria. Occupational Health and Safety Act 1985, 1988

National Code of Practice for Manual Handling, 2001 The purpose of this national code of practice for manual handling is to provide practical advice in meeting the requirements of the national standard for manual handling for the identification assessment and control of risks arising from manual handling activity in workplaces This national code of practice provides advice in the following areas General principles Risk identification Risk assessment and risk control 1990

**Occupational Health and Safety (Manual Handling) Regulations 1999** Victorian WorkCover Authority, 1999

The book delves into Occupational Health And Safety Manual Handling. Occupational Health And Safety Manual Handling is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Occupational Health And Safety Manual Handling, encompassing both the fundamentals and more intricate discussions.

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    - Chapter 2: Essential Elements of Occupational Health And Safety Manual Handling
    - Chapter 3: Occupational Health And Safety Manual Handling in Everyday Life
    - Chapter 4: Occupational Health And Safety Manual Handling in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Occupational Health And Safety Manual Handling. The first chapter will explore what Occupational Health And Safety Manual Handling is, why Occupational Health And Safety Manual Handling is vital, and how to effectively learn about Occupational Health And Safety Manual Handling.
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  5. In chapter 4, this book will scrutinize the relevance of Occupational Health And Safety Manual Handling in specific contexts. The fourth chapter will explore how Occupational Health And Safety Manual Handling is applied in specialized fields, such as education, business, and technology.
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