

ALIGRA

Manual Handling Induction



Recruitment
& Employment
Confederation



- To give you a clear understanding of the definitions;
 - Manual Handling
 - Injuries and
 - Load
- Highlight possible injuries and how to avoid them.
- Work within the Manual Handling Operations Regulations 92.

By the end of the presentation you will be able to:

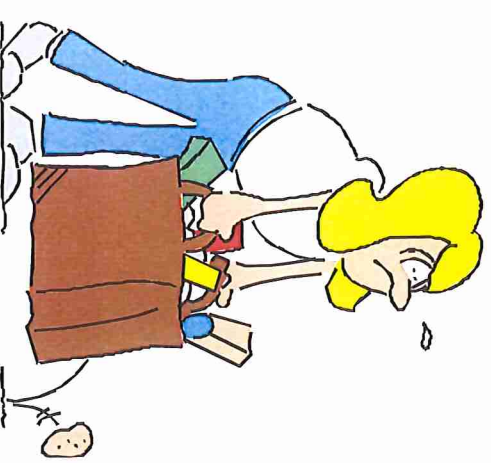
- Understand the importance of using correct lifting techniques
- Minimise Manual Handling injuries in the workplace.

Virtually everyone undertakes manual handling activities every day of their lives, both at work and at home.



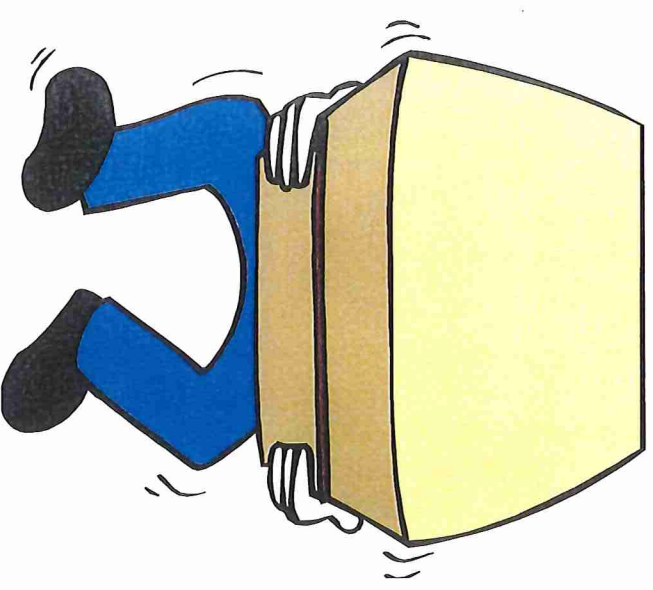
Work-related manual handling activities include office workers carrying boxes of photocopier paper, a nurse lifting a patient or a maintenance engineer lifting a piece of pipe.

Manual handling activities carried out at home include rearranging furniture, carrying the shopping and lifting baskets of washing.



What is meant by manual handling activities?

Lifting a load	<input checked="" type="checkbox"/>
Putting down a load	<input checked="" type="checkbox"/>
Pushing a load	<input checked="" type="checkbox"/>
Pulling a load	<input checked="" type="checkbox"/>
Carrying or moving a load	<input checked="" type="checkbox"/>
Moving a load using a fork lift truck	<input checked="" type="checkbox"/>
Moving a load using a trolley	<input checked="" type="checkbox"/>



“Transporting or supporting of any load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or by bodily force”.

Evaluate

the activity to see if it presents a risk.

Avoid

so far as is reasonably practicable, i.e. use MHE instead.

Assess

the risk of injury from unavoidable operations.

Reduce

the risk so far as reasonably practicable.

Train

staff to lift correctly.

Review

if conditions change significantly.

Duties of Employees

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Take reasonable care for their own Health and Safety
and that of others



Co-operate with the employer to enable them to comply
with their Health and Safety duties



Use Safe Systems of Work provided to promote Safety
during handling



There are four factors which affect the risk of injury which therefore need to be considered as part of the assessment process:

T

Task, the way in which the manual handling is done.

I

Individual, the capability of the person.

L

Load, the characteristics of the object being handled.

E

Environment, the layout of the area where handling is done.

How can the risk of injury be increased?

- Holding load away from the body.
- Twisting.
- Stooping.
- Reaching upwards.
- Considerable lifting or lowering distances.
- Considerable carrying distances.
- Sudden movement of the load.
- Strenuous pushing or pulling.

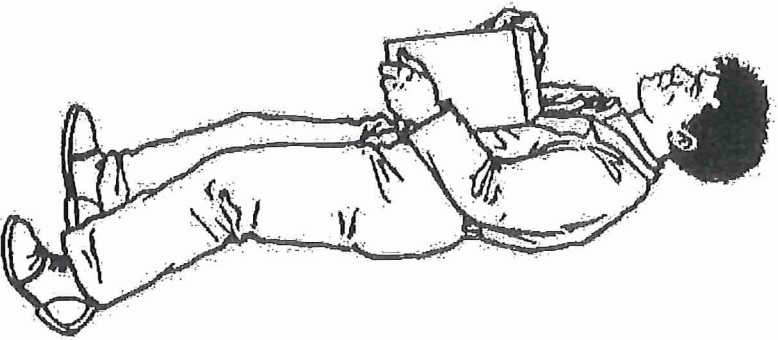
How can the risk of injury be increased?

- Too heavy.
- Too large / big.
- Bulky or unwieldy.
- Difficult to grasp.
- Pushed or pulled.
- Sharp or hot.

Manual Handling is known to contribute to several kinds of injury.

- Typical injuries can include:-
 - Prolapsed Discs.
 - Muscles (sprains and strains).
 - Strained and Inflamed Tendons.
- Secondary injuries can arise:-
 - Hernia.
 - Fractures.
 - Cuts and Bruises.

Where manual handling cannot be avoided, handlers need to know safe techniques for lifting, carrying, pushing and pulling.



Which of the following is the better approach to lifting?



Bending at the waist and keeping the knees straight.



Bending at the knees and keeping the back straight.

Manual Handling Operation

- Risk of shoulder / back injury if used incorrectly.
- Risk of running over toes with the trolley.

CORRECT

- Straight back.
- Use leg muscles.
- Forward movement so you can see the road ahead and are in control.
- Watch for people and vehicles in the vicinity.

- Safety footwear with good grip to be worn at all times.
- Gloves - improve grip and control the risk of hand injuries.
- Fit for purpose and does not impede the wearer's movement when lifting.

Report any PPE which is defective and request new. It is your responsibility to do this.