

Manual Handling

Prepare: Quiet location? No distractions? Talk aids ready?

Reason: In 2020/21 18% of all injuries at work were caused by manual handling. That's almost one in five.

Why: Get it wrong today and you will suffer the consequences tomorrow.

Outline: This talk will cover considerations and good techniques for manual handling.



Considerations When Manual Handling

- Always use mechanical handling methods instead of manual handling if possible e.g. forklifts or pallet trucks etc.
- Know your capabilities, only tackle jobs you can handle.
- Can you handle the load yourself, do you need assistance?
- Is there a clear walkway with good lighting to the work area?

Q: What checks should you carry out before lifting?

- Where possible, establish the weight of the load before lifting.
- Wear gloves to protect against cuts and punctures.
- Wear safety boots or shoes to protect from falling loads.
- Carry out a trial lift by rocking the load from side to side then try lifting it a small amount to get a 'feel' for it.

Q: What PPE should you wear and why?

Good Handling Technique

- Stand reasonably close to the load, feet hip width apart, one foot slightly forward pointing in the direction you are going.
- Bend your knees and keep your back straight.
- Get a secure grip on the load
- Breathe in before lifting as this helps to support the spine

Q: Describe how you would lift an object safely

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Manual Handling

- Use a good lifting technique, keep your back straight and lift using your legs.
- Keep the load close to your body.
- Do not carry a load that obscures your vision.
- Lift slowly and smoothly

Q: What checks should you carry out before moving off with a load?

- Avoid jerky movements.
- Avoid twisting your body when lifting or carrying a load.
- When lifting to a height from the floor do it in two stages.
- When two or more people lift a load, one person must take control to co-ordinate the lift.

Q: When two or more people are lifting a load what should happen?

Note to supervisor: Now inform your workforce of the company policy regarding manual handling.

Do you have any questions for me?

Questions for you:

Q: What should be your first consideration before manual handling?

Q: What should you do to help support your spine?

Q: Name two hazards when lifting and carrying

REMEMBER:

BAD MANUAL HANDLING TECHNIQUES CAUSE INJURIES

Sources

<https://www.hse.gov.uk/statistics/pdf/fatalinjuries.pdf>

<https://www.guardiansupport.co.uk/blog/common-causes-workplace-accidents/>

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