

Manual Handling – Injury Prevention



It is important that manual handling is carried out correctly to avoid injuries.

Manual Handling

Manual handling means any activity requiring a force for a person to lift, lower, push, pull, carry or otherwise move, hold or restrain any object.

Assess the Risk

In preventing any injury you must identify the factor likely to cause injury, the likelihood of injury occurring and the severity of damage then develop ways of controlling the risk. Back pain and injuries related to manual handling are some of the most frequent types of injuries, both on and off the job.

Steps to consider

1. Assess the object to move
 - Size
 - Weight
 - Lift height
2. Think about your:
 - Skill level
 - Strength
 - Health
 - Experience
 - Fatigue potential
3. Are there Mechanical aids
4. Is PPE appropriate?
5. Are 2 persons or more required?
6. Also to consider:
 - Clear path
 - Is the task repetitive?
 - Lighting
 - Vehicle movements
 - Awkward posture position

