

## Manual Handling

Manual handling is a common activity in most workplaces.

It includes lifting, lowering, pulling, pushing, carrying, moving, holding or restraining an object.

Injuries and musculoskeletal disorders affect the back, neck, shoulder, arms & hands.

It can be prevented through a systemic approach of identification, assessment and control of risks associated with manual handling.

### Risk Management on Manual Handling

- ❑ Required to manage risks (identification, assessment, improvement, review)
- ❑ Take all reasonably practical steps
- ❑ Reduce any risks to a level not affecting employee health

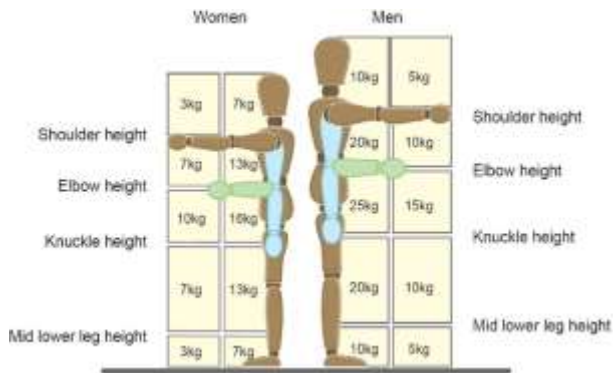


### Hazards Associated with Manual Handling – Heavy

- ❑ There is only guidance as to the maximum weight that is allowed to be lifted as this depends on a variety of factors; in general it is accepted that lifting over 25kg load can result in back injury. Below you can see the most widely used guidance provided by HSE.



- In this HSE schematic (shown below) we observe that the recommended maximum lifting weight is 25kg for men and 16kg for women when standing with extended arms close to the body. The second column shows the reduction of the maximum lifting weight when the load is lifted away from the body, while the maximum permissible lifting weight above shoulder-height is only 5kg for men and 3kg for women.



### Hazards Associated with Manual Handling - Sharp

- Potential Cuts on the fingers



- Absence of grip to hold the load



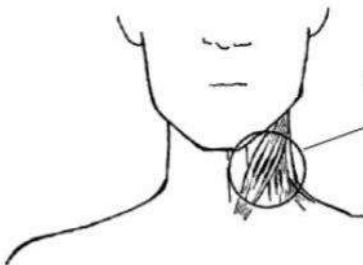
- Obstruction of walking view



- Skin exposure to chemicals
- Exposure to chemical dust, fumes & vapours

## Common Injuries From Manual Handling

- Neck Strain



Front

- Wrist Sprains
- Back Sprains



- Shoulder pain
- Upper back pain
- Slips, trips and fall
- Cuts
- Skin dermatitis
- Occupational respiratory & lung diseases
- Occupational eye diseases



## Proper Manual Handling

- ❑ ALWAYS KEEP YOUR BACK STRAIGHT WHILE LIFTING



Step 1: Hold the load firmly

Step 2: Keep the load close to you

Step 3: Lift the load by pushing up your leg

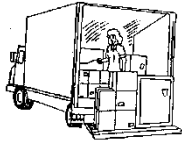
Step 4: Ensure your legs are stable before moving off

- ❑ Lifting aids

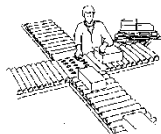
Lifting aids should be preferred in all cases, but they are mandatory when the loads exceed 55kg or if the load geometry does not allow for adopting a proper posture, obstructs visibility, has a variable center of gravity (liquid half-full containers) or may present other hazards like severe chemical exposure in case it falls etc.



Hand trolley



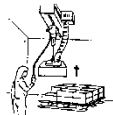
Truck fitted with hydraulic gate



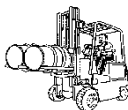
Conveyor belt eliminates lifting



Pallet jack brings the load closer



Lifting devices



Forklift



Use of levers reduces the force required