

Facilities Management Sub-Committee CPD Toolbox: Volume 3 Manual Handling

January, 2017

Introduction to Manual Handling & Ergonomics

Did you know that:

- Injuries due to Manual Handling account for one in every three accidents reported to the Health & Safety Authority (HSA) on an annual basis
- 80% of the Western World suffer from some form of back pain

The Manual Handling of Loads Regulation places a requirement on the employer to:

- Avoid/Reduce hazardous manual handling
- Conduct a Manual Handling Risk Assessment
- Provide instruction and training

Introduction to Manual Handling & Ergonomics



Back Pain – The Facts

1. Back pain is so common that it could almost be described as a normal occurrence;
2. Back pain, though sometimes severe and recurrent is rarely serious; recovery in days to week is usual;
3. Bed rest is not good for back pain
4. Remaining active and getting on with your life as best you can, in spite of the pain, is better than resting and avoiding normal activities
5. Remaining at work, or returning to work as soon as possible, in spite of the persistent pain
6. The longer a person with back pain is off work, the lower the chances of returning to work.



Carrying out a Manual Handling Assessment

When making an assessment some of the issues to look at include:



Task

Does it involve e.g. holding the load away from the body, long carrying distances etc? If so, ways to reduce the risk of injury may include the use of a lifting aid, reduction of carrying distances, variation of work etc;



Individual

Does the job require unusual capability, endanger those with health or learning problems, endanger pregnant women? If so, ways to reduce the risk of injury may include taking additional care of pregnant workers, training staff in manual handling techniques etc.



Load

Is it heavy, bulky or difficult to grasp, unstable or harmful etc? If so, ways to reduce the risk may include making the load less bulky or easier to grasp etc;



Environment

Is there constraints on posture, bumpy, obstructed or slippery floors, hot cold or humid conditions etc? If so, ways to reduce the risk of injury may include the removal of obstructions, provide better flooring, improve lighting etc

Manual Handling Tasks

There is no safe maximum limit of any load being lifted or moved, based upon an assessment, the user must make a decision whether the load and system is within their capabilities.

Initially the assessment should include the following questions:

- Can the avoidance of manual handling be taken?
- If not, can a mechanical aid be used?
- Can the load be reduced (i.e. by dismantling)?



Ten Key Manual Handling Tips

Always carryout an assessment !



*USE MECHANICAL AIDS
WHERE POSSIBLE*



*WORK FROM A STABLE
BASE*



HUG THE LOAD



*AVOID TWISTING OR
LEANING*

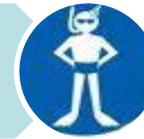


KNOW YOUR LIMITS

*PLAN YOUR LIFT
BEFORE YOU START*



*WEAR SUITABLE
CLOTHING*



BEND YOUR KNEES



KEEP YOUR HEAD UP



*IT IS MUCH SAFER TO
PUSH A LOAD THAN TO
PULL IT*



Further Information

Moving a Barrel



Lifting



For further information on Manual Handling and helpful case study videos please log onto

www.hsa.ie