

MANUAL HANDLING HAZARD & PRECUATIONS

Manual handling relates to the moving of items either by lifting, lowering, carrying or pulling by hand or by bodily force. The weight of the items is an important factor but many other factors can create a risk of injury.

What is the problem?

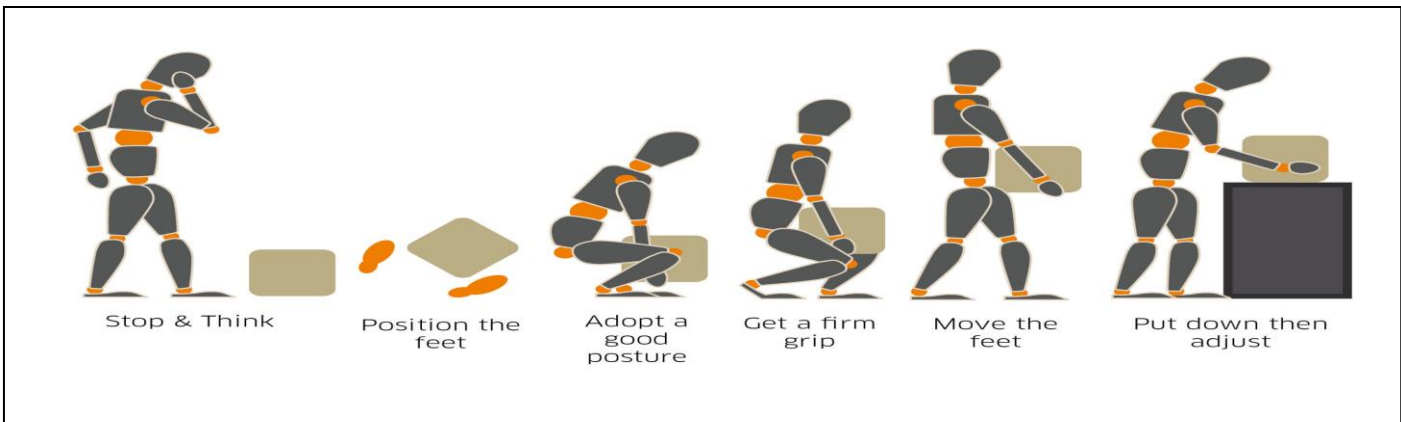
Incorrect manual handling is one of the most common causes of injury at work. It causes work related musculoskeletal disorders (MSDs) which account for over a third of all workplaces injuries , Manual handling injuries can happen anywhere people are at work –On farms and construction sites, in factories offices ,warehouses , hospitals ,banks ,laboratories, and while making deliveries .Heavy Manuel labour, awkward postures, manual materials handling ,and previous or existing injury are all risk factors in developing MSDs.

Manual handling injuries are part of a wider group of musculoskeletal disorders (MSDs).The term musculoskeletal disorders covers any injury, damage or disorders of the joints or other tissues in the upper/lower limbs or the back.

What should we do about it?

- Design & organize tasks to avoid manual handling completely or at least restrict it.
- Consider whether mechanical handling aids could be used, this could range from a simple trolley to more sophisticated aids such as conveyors or forklift or pick & carry crane etc.
- Organize manual handling tasks in a safe way, with loads splits into smaller ones, and provide the proper rest period.
- Provide information & Training to workmen on tasks & use of equipment & correct handling techniques.

Good handling Technique for lifting?



- **Think before lifting/Handling** – Plan the lift, Can handling aids be used? Where is the load going to be placed? Will help be needed with the load? Remove obstructions. For a long lift, considers resting the load midway on a table or bench to change grip.
- **Adopt a stable position.** The feet should be apart with one leg slightly forward to maintain balance (alongside the load, it is on the ground.)
- **Get a Good hold** - Where possible, the load should be hugged as close as possible to the body. This may be better than gripping it tightly with hands only.
- **Keep the load close to the waist** – Keep the load close to the body for long as possible while lifting, Keep the heaviest side of the load next to the body.
- **Avoid twisting the back or learnings sideways,** especially while back is bent .shoulders should be kept level and facing, in the same direction as the hips, Turning by moving the feet is better than twisting and lifting at the same time.
- **Keep the head up when handling-** Look ahead, not down at the load, once it has been held securely.
- **Move Smoothly** –The load should not be jerked or snatched as this can make it harder to keep control and can increase the risk of injury
- **Don't lift or handle more than can be easily managed** –There is difference between what people can lift and what they can safety lift. If in doubt, seek advice or get help.
- **Put down, then adjust** – If precise positioning of the load is necessary, Put it down first, then slide it into the desired position.