

Manual Handling Facts:
 1. Almost one third of workplace injuries are caused by manual handling.
 2. Over 1 million people in the UK suffer from work related musculoskeletal disorders (MSD). [Source: HSE]

LOAD	INDIVIDUAL	TASK	ENVIRONMENT
Heavy, bulky, difficult to grasp, sharp edges, hot/cold, awkward stacking and storage.	Individual capability varies: male/female, general fitness, illness, medical conditions, medication.	Handling away from the body, twisting, long carrying distances, strenuous pushing and pulling, repetitive handling, no rest.	Constraints on posture, uneven or slippery floors, use of stairs, hot/cold humid conditions, lighting, restrictive clothing.

HAZARDS

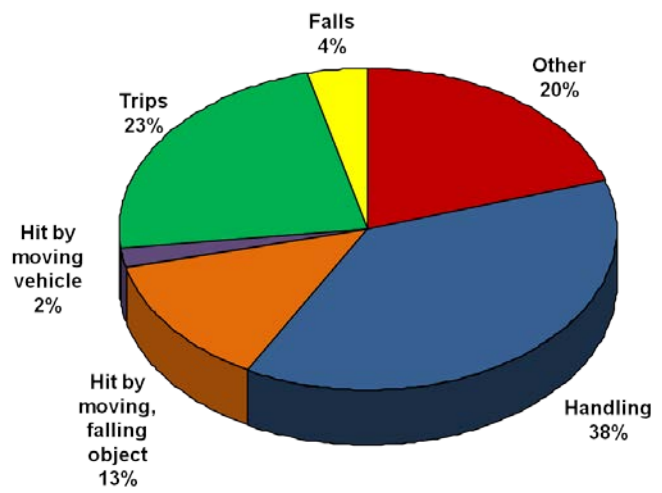
REDUCING THE RISK

LOAD – Can the load be made lighter, less bulky (smaller packages) and/or easier to grasp (e.g. Providing handholds or gloves)?
INDIVIDUAL – Information on the task should be given to persons at risk together with instruction in kinetic lifting techniques and posture.
TASK – Use lifting aids where practicable, reduce carrying distances, vary the work (to allow one group of muscles to rest), push rather than pull.
ENVIRONMENT – Better flooring, working space, lighting and suitable clothing and footwear.

CONTROL MEASURES

CORRECT LIFTING TECHNIQUE

THINK BEFORE LIFTING
 GET IN A **STABLE POSITION** BEFORE LIFTING
 ADOPT AND **MAINTAIN GOOD POSTURE** WHILE LIFTING
 GET A **GOOD GRIP**
BEND THE KNEES AND USE THE LEGS TO LIFT WHERE PRACTICABLE
KEEP LOAD CLOSE TO YOUR BODY WHILE LIFTING AND CARRYING
AVOID TWISTING



Injuries resulting in more than 3-days off work (Source: HSE)

REMEMBER THAT BAD LIFTING TECHNIQUES INCREASE THE RISK OF INJURY