



# MANUAL HANDLING



LIFT WITH YOUR LEGS  
KEEP YOUR BACK STRAIGHT  
KNOW YOUR LIMITS



## ASSESS your task FIRST

SET ONLY one of your object down the route. Clear any obstacles from your path and know where obstacles will be in an unclear path.

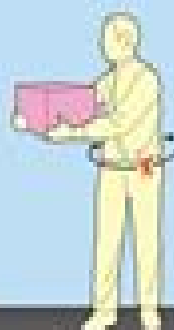


## Position your feet apart

Ensure your legs are shoulder width apart for maximum support. Walk in small steps to maintain shoulder width placement.

## Avoid lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid storing objects at these heights when possible.



## Don't BEND or TWIST while you are lifting or carrying

Improper bending or twisting could throw you off balance or cause injury.



## TIGHTEN your abs

Using your core abdominal muscles will hold you in the proper lifting position and reduce strain on your spine.

## LIFT with your LEGS

Bend at the knees & hips not your back. Your leg muscles are stronger than your back and can withstand greater force. This is known as the Squat Technique (Fig 10).

## Keep your back STRAIGHT

When you keep your back straight, creating your legs carry the majority of the weight making you less likely to injure your back.



## HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and close to your body than at any other height and/or far from your body.

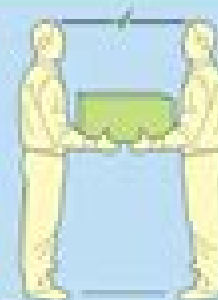
## Use lifting aids

When possible use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include: strapping, conveyer belts, trolleys, cranes or forklifts.



## REDUCE the size of the load when possible

When possible reduce the size of the load or object or more smaller but more frequent trips, e.g. replace a heavy load with smaller parcels.



## Two person lifts

When lifting with two or more people ALWAYS ensure people of same size and strength for manual handling tasks.

## LIMIT

## KNOW your limits!

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy. If it is awkwardly large or unstable, it can be difficult to lift. It is better to ask and ask for assistance than to try and lift something that could potentially cause injury.

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# Manual Handling Guidance

**William Charney**



## **Manual Handling Guidance:**

**Ultimate Guide to Manual Handling** Lee Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way

**Manual Handling in Health and Social Care** Michael Mandelstam, 2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety

**Guide to Manual Materials Handling** A. Mital, 2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person s capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives

**Second Evaluation of the Manual Handling Operations Regulations (1992) and Guidance** Health And Safety Executive Staff, Rebecca Lancaster, Andrew Alder, Catherine Jacobson Maher, Entec UK Limited, Great Britain. Health and Safety Executive, Entec, 2001-06-11 Manual handling is a major cause of injury and ill health in the workplace To implement the European Directive on the manual handling of loads 90 269 EEC the Manual Handling Operations Regulations 1992 MHOR were introduced from 1 January 1993 A first evaluation study of the impact of the Regulations in 1996 found employers had accepted the need to control risks associated with manual handling and they found the ergonomic approach adopted by the Regulations to be an appropriate means of doing this

**Manual Handling in Health and Social Care, Second Edition** Michael Mandelstam, 2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases

**Manual handling**, 1996 *Occupational Health: A Practical Guide for Managers* Dr. Ann Fingret, Alan Smith, 2013-02-01 New legislation and recommended working practices demand that every organisation considers carefully the health of its workforce Occupational Health A Practical Guide for Managers offers a comprehensive view of health and safety issues at work The range of people it aims to appeal to reflects

the interdisciplinary nature of this subject Personnel professionals managers and occupational health practitioners alike will find it an invaluable resource      **Manual Handling** Great Britain, Health and Safety Executive Staff, Great Britain. Health and Safety Executive, 2016-09      The Essential Guide for Newly Qualified Occupational Therapists Ruth Parker, Julia Badger, 2018-04-19 This is the occupational therapist's essential guide to transitioning smoothly to practice including models and advice for working in diverse contexts from adult social care to paediatric health care It is full of helpful tips for coping with the organisational and emotional challenges of the job and securing positive relationships for success      **The Manager's Guide to Health and Safety at Work** Jeremy Stranks, 2006 This new edition is essential reading for all managers responsible for the welfare of their staff As well as advising on the complicated legal obligations it also explains how to ensure an appropriate level of control over health risks      **Manual Handling** Health and Safety Executive, 1992

**Getting through CDM Assessments: A Practical Guide for Contractors to pass CHAS, Exor, SAFE Contractor and other Health & Safety Schemes** Phillip Cleary, 2012-03-26 Getting Through CDM Assessments Offers a unique approach to passing Health and Safety Assessments including the CHAS SAFE Contractor and Exor schemes Instead of giving generic rules and long winded legislation this book gives specific step by step instructions on how to put together a convincing professional application The author tells exactly how to get through the assessment with the least blood sweat and tears as possible The author does not give generic examples of Health and Safety documents He gives specific examples of how he has used the techniques to get thousands of UK Contractors through the process This book puts you inside the mind of a CDM Compliance expert After reading this you may never want to pay a consultant again      *Handbook of Standards and Guidelines in Ergonomics and Human Factors* Waldemar Karwowski, 2005-12-16 A comprehensive review of international and national standards and guidelines this handbook consists of 32 chapters divided into nine sections that cover standardization efforts anthropometry and working postures designing manual material human computer interaction occupational health and safety legal protection military human factor standar      *Handbook of Standards and Guidelines in Human Factors and Ergonomics* Waldemar Karwowski, Anna Szopa, Marcelo M. Soares, 2021-06-28 With an updated edition including new material in additional chapters this one of a kind handbook covers not only current standardization efforts but also anthropometry and optimal working postures ergonomic human computer interactions legal protection occupational health and safety and military human factor principles While delineating the crucial role that standards and guidelines play in facilitating the design of advantageous working conditions to enhance individual performance the handbook suggests ways to expand opportunities for global economic and ergonomic development This book features Guidance on the design of work systems including tasks equipment and workspaces as well as the work environment in relation to human capacities and limitations Emphasis on important human factors and ergonomic standards that can be utilized to improve product and process to ensure efficiency and safety A focus on quality control to ensure that standards are met throughout the worldwide

market     **The Illustrated Guide to Safe Patient Handling and Movement** Audrey L. Nelson, Kathleen Motacki, Nancy Menzel, 2009-03-27 Named a 2013 Doody's Core Title This is a good reference for the varied healthcare professionals who must move and transfer patients The book is clear and well written with illustrations to strengthen the narrative Doody's The evidence based methods suggested in these pages protect nurses from injury and ultimately improve patient care M Elaine Tagliareni EdD RN President National League for Nursing Ancillary materials include new DVD and Instructor's Guide Please note DVD contains digital videos only no audio track Qualified instructors may email textbook.springerpub.com to request instructor's guide As a nurse you are all too familiar with heavy lifting sustained awkward positioning excessive reaching and static posturing With this comprehensive volume Nelson Motacki and Menzel show you that there is another way Learn about the new techniques and technologies specifically designed to reduce caregiver and patient injuries The authors present the Evidence Based Safe Patient Handling Program a practical system of guidelines to be used in numerous clinical settings Each chapter explains how to apply the program to specific clinical settings such as medical and surgical critical care orthopaedics pediatrics labor and delivery rehabilitation settings the perioperative suite and nursing homes Implement the components of the program to multiple clinical settings Assessment Learn to evaluate the patient's body strength and about other conditions that affect the patient handling task Care Plan Outline the safest way to accomplish the required task based on the assessment Algorithms Learn the step by step problem solving procedures for carrying out patient handling activities safely Photos and videos illustrate the techniques The included DVD and photographs illustrate how to use the technology as well as how each task movement and position should be completed These tasks include Lateral transferring to and from beds using sliders Rescuing fallen patients off the floor with a floor based lift Bariatric patient lifting and dressing Transferring patients with lower limb amputations And many more     **Guidance on the Management of Manual Handling in the Workplace** Ireland. Health and Safety Authority, 2005     The ECI Guide to Managing Health in Construction, 1999 Who should read this manual Health hazards during construction activities or processes Occupational health problems in construction workers Control measures and influencing factors for effective occupational health management EU health legislation and health agencies     *Australian Master OHS and Environment Guide*, 2007 The first point of reference for all OHS and environmental best practice and strategy providing operational guidance with examples to achieve optimal workplace safety and environmental sustainability     The Guide to Electrical Maintenance John Whitfield, 2002

*Handbook of Modern Hospital Safety* William Charney, 2009-07-28 It is ironic that those whose job it is to save lives often find themselves injured in the course of performing their duties In fact according to the Bureau of Labor Statistics healthcare workers have higher injury rates than agriculture workers miners and construction workers The Handbook of Modern Hospital Safety Second Edition covers expo

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