

Safe Manual Handling

INTRODUCTION

LEGISLATION

From 2001, a UK Government report on the health and safety of those who work in the warehouse industry was published. This report is known as the 'Warehouse Health and Safety Report'. It was produced by the Health and Safety Commission and the Health and Safety Executive. It was produced to help reduce the number of workplace accidents in the warehouse industry.



TYPES OF INJURY

The back is a series of bones with a thin, protective outer covering. These are ligaments and muscles, which support the spine. There is a small amount of flexibility in each joint, which allows them to move.

The types of injury that occur are:

1. Strain, both muscular and those that occur over time due to repeated movements.
2. Sprain, such as twisting, twisting and overstretching the spine.

Anywhere in the musculo-skeletal system can be injured.

RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify hazardous activities by looking at the **Task, Individual, Load** and the **Environment**. This is done when you are looking at the situation, to look at the existing conditions and to identify if further precautions are necessary.

The person carrying out the assessment should be:

1. Qualified and / or experienced in health and safety or have appropriate skills, (see Manual Handling Operations Regulations 1992) and any assessments or systems.
2. Familiar with the processes being carried out.
3. Competent to carry out the task.



LOAD

- Is the weight right?
- Is it heavy?
- Is it bulky or awkward?
- Are there obstacles in the way (e.g., uneven floor, clutter)?
- Is it awkward to lift or set down?
- Is it awkward to set down?

The assessment should be carried out and the recommendations used when doing the activity.

TASK

The whole task should be looked at from the beginning to the end. Some of these things may be the most important:

- Is it necessary?
- Can it be done by one of the workers?
- Can it be done by one of the workers who is best suited to the task?
- Can lifting or carrying be avoided?
- Can the task be done by one of the workers who is best suited to the task?
- Can the task be done by one of the workers who is best suited to the task?
- Can the task be done by one of the workers who is best suited to the task?



INDIVIDUAL

- Is the worker fit and healthy to carry out the task?
- Does a specific medical condition exist?
- Has the worker been trained in the task?
- Has the worker been trained in the task?
- Has the worker been trained in the task?



ENVIRONMENT

- Is there enough space?
- Is the floor clean and free of clutter?
- Are there any obstacles in the way?

EMPLOYERS & EMPLOYEES

EMPLOYER DUTIES

1. Assess the risks of any work with an obvious handling operation involving the use of a forklift.
2. Provide a safe system of work.
3. Provide training for all workers.
4. Provide information and training.
5. To ensure the manual handling is carried out in a safe way.



EMPLOYEE DUTIES

1. Follow the system of work.
2. Follow the system of work.
3. Follow the system of work.
4. Follow the system of work.
5. Follow the system of work.



PREVENTING BACK PAIN

As well as the precautions above there are actions that you can take to help prevent back pain. These are:

- Keep your back straight.
- Do not overexert yourself.

HANDLING TECHNIQUES

Think - PLAN

- Where will I lift?
- What is it?
- What is the weight?
- Are there any obstacles?
- Is it heavy?
- Do I need to lift it?
- Do I need to lift it?



Think - GRIP

- Is the grip right?



Think - FEET

- Don't carry a load behind you.



Think - FEET

- Keep the spine in a neutral alignment.



Think - LIFT

- Lift with the feet.

General Manual Handling Policy

**New Jersey. Office of the Attorney
General**



General Manual Handling Policy:

The Great Ormond Street Hospital Manual of Children's Nursing Practices Susan Macqueen, Elizabeth Anne Bruce, Faith Gibson, 2012-04-20 Clinical skills are a fundamental aspect of nursing care of children and young people. The Great Ormond Street Hospital Manual of Children's Nursing Practices is an evidence-based manual of practical skills in children's nursing which builds on the extensive expertise developed at Great Ormond Street Hospital. It encompasses all aspects of children's nursing from the most basic aspects of everyday practice to advanced practice in high dependency and intensive care to provide a comprehensive resource for all qualified nurses, students and other health care professionals involved in caring for children both in the hospital and the community setting. Children's and young people's nursing presents unique challenges. The Great Ormond Street Hospital Manual utilises the latest clinical research and expert clinical knowledge to address these challenges and provides the underlying theory and evidence for nursing care of children. It provides a definitive guide to clinical skills, procedures in children's and young people's nursing which enables nurses working with children and young people to practice confidently and deliver clinically effective, family-centred care. Key features: Offers access to clinical procedures developed through the extensive expertise from Great Ormond Street Hospital. Contains evidence-based recommendations for expert care. Encompasses all aspects of children's care. Contains procedures, guidelines, students can rely on and effectively use in practice following qualification. Highlights specific needs of neonates and adolescents. Placed in the context of inter-disciplinary care of the child. Includes the rationale for each procedure, the why, as well as how. Information presented in a similar way to *The Royal Marsden Manual of Clinical Nursing Procedures*, offering continuity to those working in both adult and paediatric settings. This title is also available as a mobile App from MedHand Mobile Libraries. Buy it now from iTunes or the MedHand Store. [The Royal Marsden Manual of Clinical Nursing Procedures](#) Lisa Dougherty, Sara Lister, Alex West-Oram, 2015-03-17. *The Royal Marsden Manual of Clinical Nursing Procedures* has been the number one choice for nurses since it first published over 30 years ago. One of the world's most popular books on clinical skills and procedures, it provides detailed procedure guidelines based on the latest research findings and expert clinical advice, enabling nurses and students to deliver clinically effective, patient-focused care. The ninth edition of this essential definitive guide, written especially for pre-registration nursing students, now includes a range of new learning features throughout each chapter that have been designed to support student nurses to support learning in clinical practice. Providing essential information on over 200 procedures, this manual contains all the skills and changes in practice that reflect modern acute nursing care. **The Royal Marsden Manual of Clinical Nursing Procedures** Lisa Dougherty, Sara Lister, 2015-03-05. Nationally recognised as the definitive guide to clinical nursing skills, *The Royal Marsden Manual of Clinical Nursing Procedures* has provided essential nursing knowledge and up-to-date information on nursing skills and procedures for over 30 years. Now in its 9th edition, this full-colour manual provides the underlying theory and evidence for

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