

Manual Handling

Manual handling means any activity requiring the use of human force to lift, lower, carry or otherwise move or restrain an object. (ISO 11228-1:2003(E))

Incorrect manual lifting can lead to work-related musculoskeletal disorders (MSDs) such as pain and injuries to arms, legs and joints, and repetitive strain injuries of various sorts.

While doing a manual handling risk assessment, the below should be considered:

TASK

Type of manual handling activity. i.e., excessive pushing, pulling, lifting or carrying.



INDIVIDUAL

The capabilities of the person carrying out the manual handling activity.



LOAD

The size, shape, type and weight of the object.



ENVIRONMENT

The area in which the object is being moved.



Review all manual handling assessments according to the risk or whenever any significant changes occurs.

SAFE LIFTING TIPS



- Use handles or lifting aids where appropriate.
- Assess the load (too heavy, too large to be able to see over).
- Prepare for the lift by warming up your muscles.
- Keep your back straight and butt out. Lift smoothly, without jerking.
- Lift with your legs and body weight. Not with your back.
- Keep arms straight and abdominal muscles tight.
- Lift load as close to and as centered to the body as possible.
- Tuck chin into your chest.



Risk to personal injury increased when:

- Twisting, side bending, and carrying loads with only one hand.

- Not having a good grip on the load.



- Above head lifting.
- Floor level or below lifting.
- Upper arms angled away from body and torso.