Manual Handling Course Notes

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Definition of Manual Handling

What is Manual Handling:

The movement of a load by one or more persons.

Which by reasons of the characteristics of the load, or unfavourable ergonomic conditions:

Poses a risk of injury, particularly to the back.

Lifting

Pushing

Pulling

Carrying

Supporting

Putting Down

Characteristics of the Load

The characteristics of a load which make moving the load a manual handling task include factors such as:

- *Weight of the load.*
- *Bulky or unwieldy.*
- *Difficult to grasp.*
- *Unstable load.*

Unfavourable Ergonomic Conditions

Unfavourable Ergonomic Conditions are not determined by the characteristics of the load, but by:

- *Location of the load.*
- *Movements required.*
- *Physical effort required.*
- *Work environment.*

Unfavourable Ergonomic Conditions

Unfavourable Ergonomic Conditions include:

- *Moving any load that is located above shoulder height.*
- *Twisting when lifting or moving loads.*
- *Working in awkward positions for prolonged periods.*

Unfavourable Ergonomic Conditions

Unfavourable Ergonomic Conditions include:

- *Overreaching*
- *Overhead work for prolonged periods.*
- *Repetitive tasks.*

Unfavourable Ergonomic Conditions

Unfavourable Ergonomic Conditions include:

- *Bending forward while carrying out tasks.*
- *Stooping for any length of time.*
- *Poor posture over sustained periods*

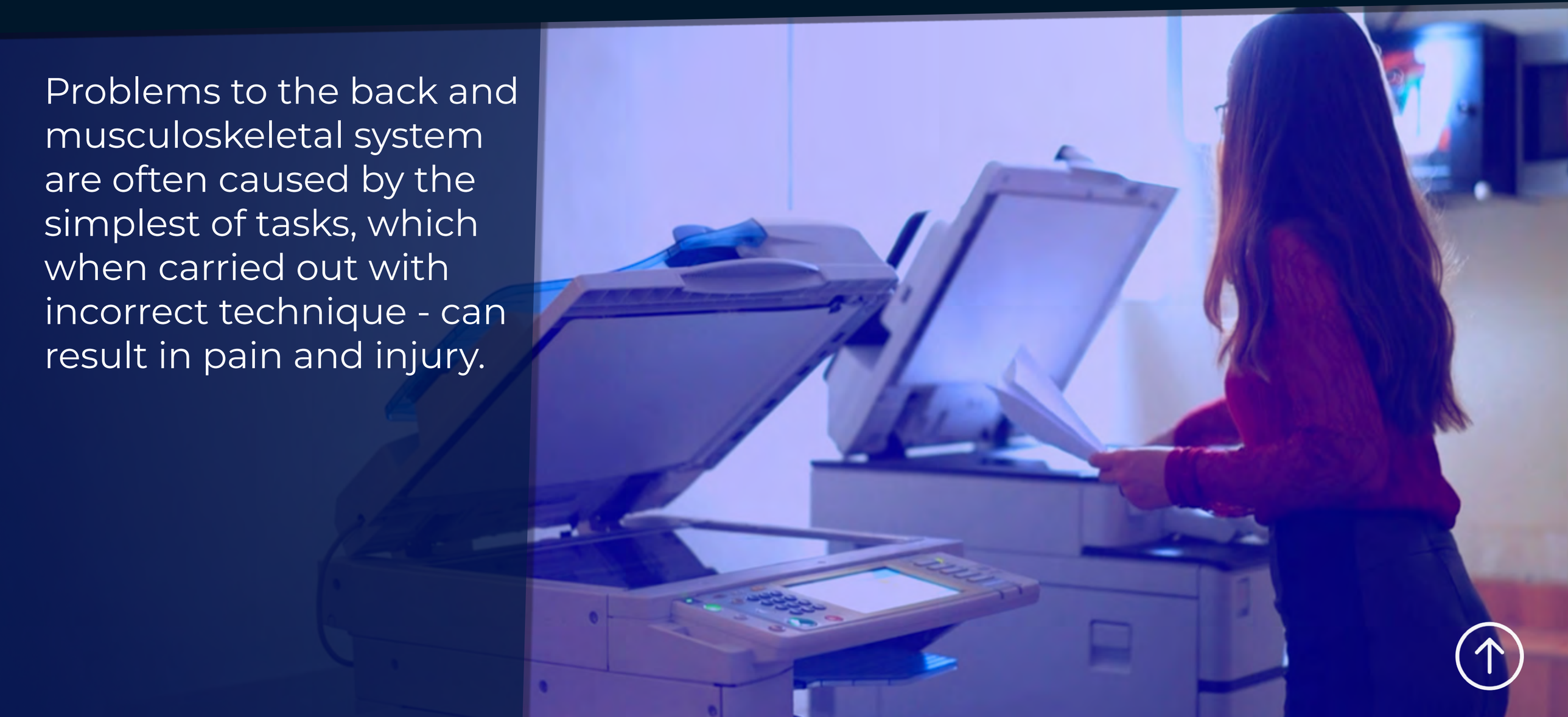
Unfavourable Ergonomic Conditions

When performing tasks with Unfavourable Ergonomic Conditions:

- *Take extra care*
- *If working in awkward postures, take regular breaks and adopt a comfortable neutral posture whenever possible.*

Common Causes of Injury

Problems to the back and musculoskeletal system are often caused by the simplest of tasks, which when carried out with incorrect technique - can result in pain and injury.



Common Causes of Injury

The three most common causes of occupational back injuries and musculoskeletal disorders are:

- Awkward Postures
- Repetitive Tasks
- Use of Excessive Force

Common Causes of Injury

The most common workplace injuries are to the back, the neck and the ribs.

Awkward Postures

Awkward Postures

Over-reaching, leaning, repetitive twisting, and kneeling, are just some of the awkward positions that can put significant stress on your body.

Repetitive Tasks

Repetitive Tasks

Performing the same repetitive motions without taking rest periods will put you at risk of developing a musculoskeletal disorder.

Try to break repetitive tasks, or rotate tasks with fellow workers.

Using Excessive Force

Use of Excessive Force

Activities which require the use of excessive force will often result in injury.

Examples include the pushing, pulling or lifting of heavy or awkward loads.

Using Excessive Force

Use of Excessive Force

Use of excessive force can also aggravate an old or existing injury resulting in further damage.

Using Excessive Force

Use of Excessive Force

If you think a task may involve too much risk to carry out by yourself, get some help or use a mechanical lifting aid.

Why Do We Need Training?

Back Pain is equally common amongst men and women.

80% of us will experience back pain from work.

50% of back problems will return within a year.

5% of back injuries will result in prolonged disability.

Why Do We Need Training?

Many people who suffer back injuries will have problems with back pain throughout their life.

Looking after yourself when performing manual handling tasks in the workplace and at home is key.

Why Do We Need Training?

To reduce risk of injury:

- Assess the task.
- Ask for help when something is too heavy or too awkward.
- Use correct lifing techniques.

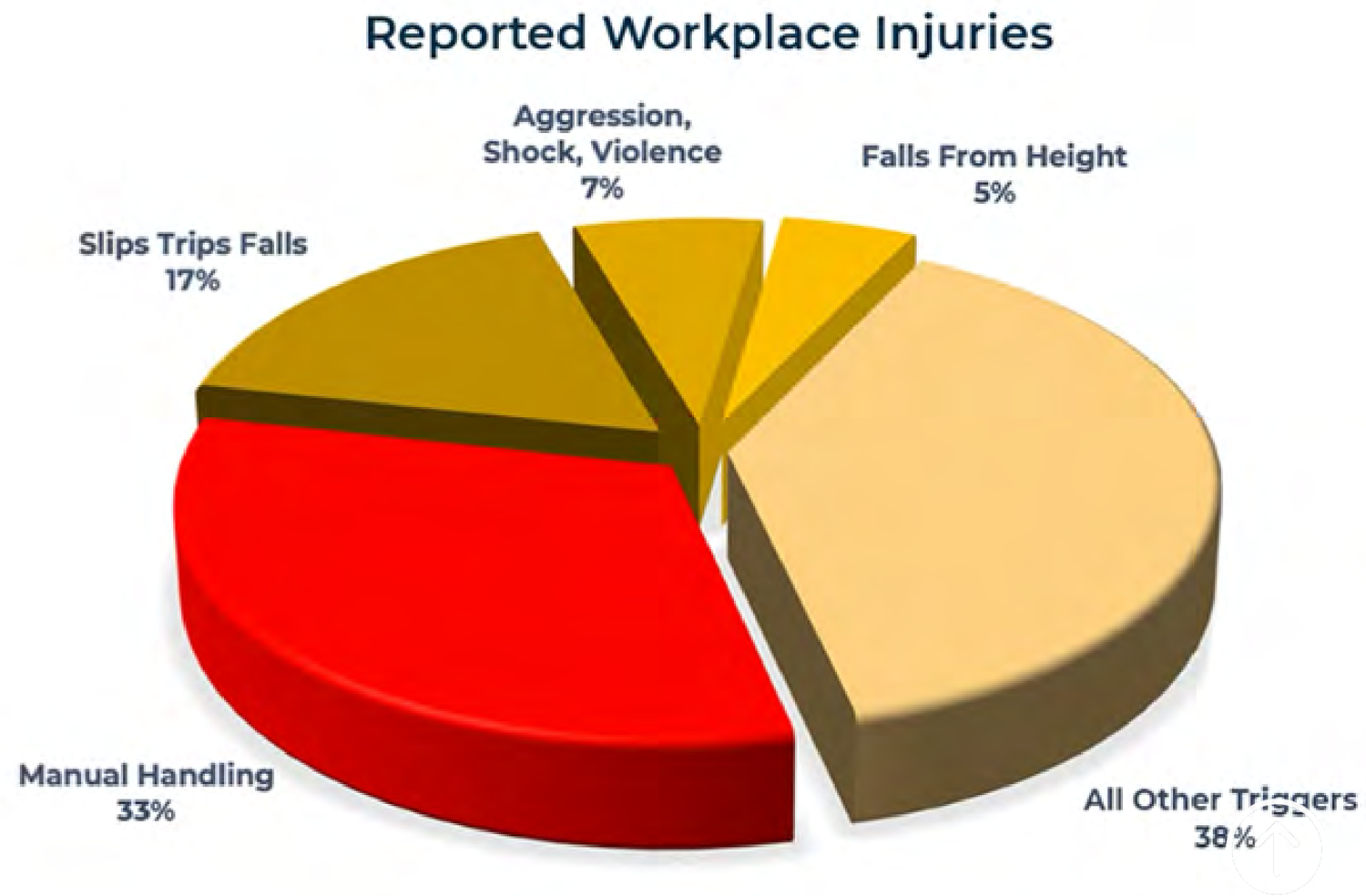
Why Do We Need Training?

Reported Injuries.

More than 30% of all reported non-fatal injuries at work are related to manual handling.

If you carry out manual handling tasks in the workplace:

Training with a qualified instructor is a legal requirement.



Legislation: SHWW Act 2005

Safety, Health & Welfare at Work Act 2005

It is the duty of employers as far as reasonably practicable to ensure the:

- Safety
- Health
- Welfare at work

of their employees.

Legislation: SHWW Act 2005

Employers Must:

- Provide a safe place to work.
- Ensure safe systems of work are in place.
- Provide safe plant & machinery.
- Provide suitable PPE.
- Provide adequate training.
- Carry out risk assessments.
- Provice supervision.

Legislation: SHWW Act 2005

Employees Duties Include:

- Keeping the workplace tidy and exits clear - in case of fire/emergency evacuation.
- Not endangering themselves or others by their acts or omissions.
- Use equipment safely and report any defects with equipment so it can quickly be replaced or repaired.

Legislation: SHWW Act 2005

Employees Duties Include:

- Attending training courses and putting into practice what they learned.
- Wear correct PPE for the task.
- Co-operate with employers in matters of Health & Safety.

Legislation: Employers Key Requirements

Risk Control Measures

Employers must take measures to avoid or reduce the need for manual handling.

This is achieved by carrying out risk assessments, deciding on control measures, and providing instruction and training to employees.

Legislation: Employers Key Requirements

Risk Control Measures

Manual Handling risks can be reduced, by avoiding the need for Manual Handling through:

Elimination

Find another way to move loads safely through careful planning.

Automation

Install automated equipment like conveyor belt systems.

Mechanisation

Use pallet trucks, trolleys, wheel barrows, whatever suits the task.

Anatomy & Back Care

The Spine

The spine is made up of 33 vertebrae:

- Cervical: 7 Vertebrae
- Thoracic: 12 Vertebrae
- Lumbar: 5 Vertebrae
- Sacrum: 5 Fused Vertebrae
- Coccyx: 4 Fused Vertebrae

Anatomy & Back Care

The Spine

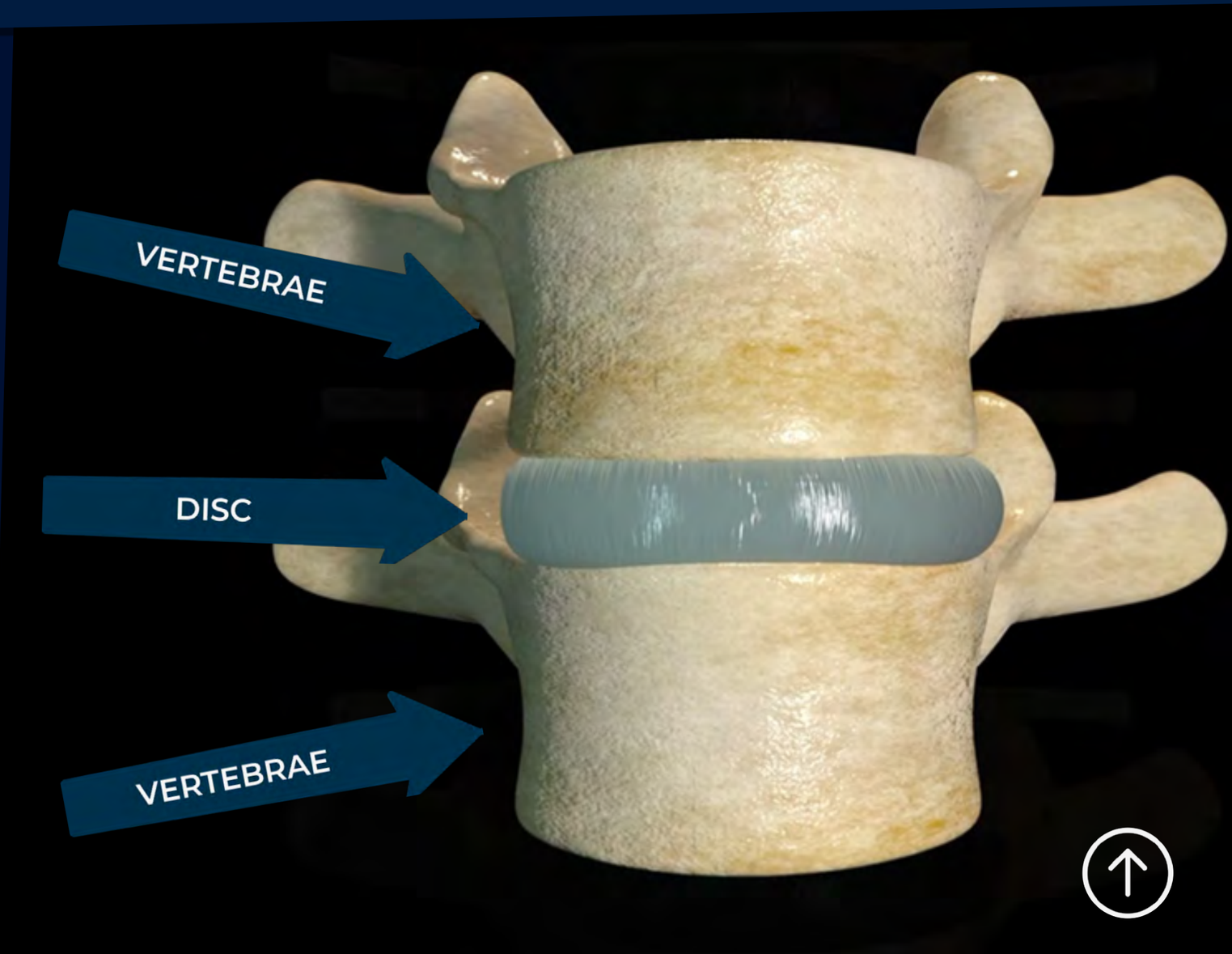
- Protects the spinal cord.
- Allows movement and flexibility.
- Supports the upper body.
- Provides attachment for ribs, muscles and ligamants.
- S-shaped.
- Very Strong.

Anatomy & Back Care

Discs

Discs act as shock absorbing pads.

They allow movement and flexibility and they separate the vertebrae.



Anatomy & Back Care

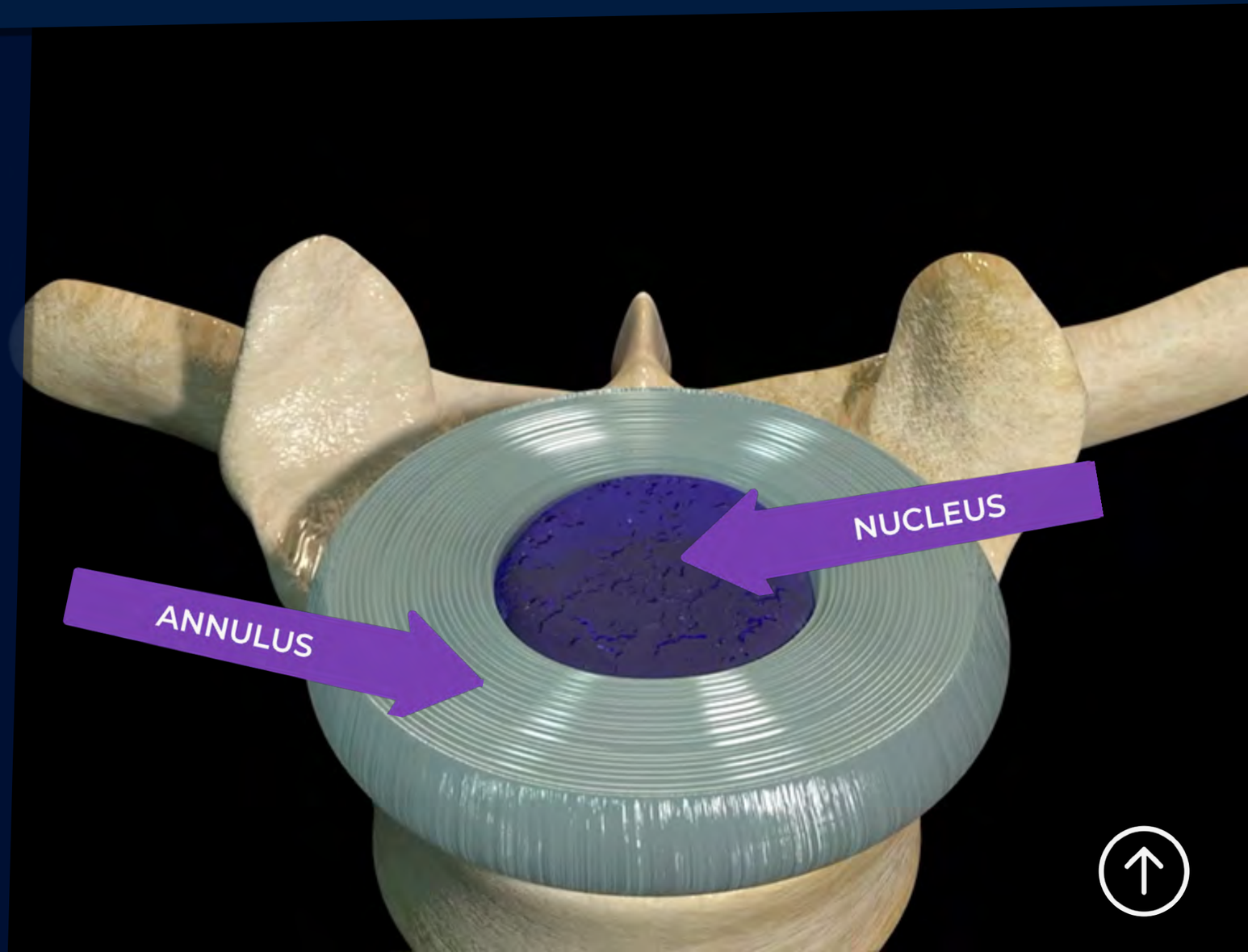
Discs

Discs act as shock absorbing pads.

They allow movement and flexibility and they separate the vertebrae.

- Annulus - Outer layer
  Rubbery like cartilage.

- Nucleus - Inner layer
  Jelly like consistency.



Anatomy & Back Care

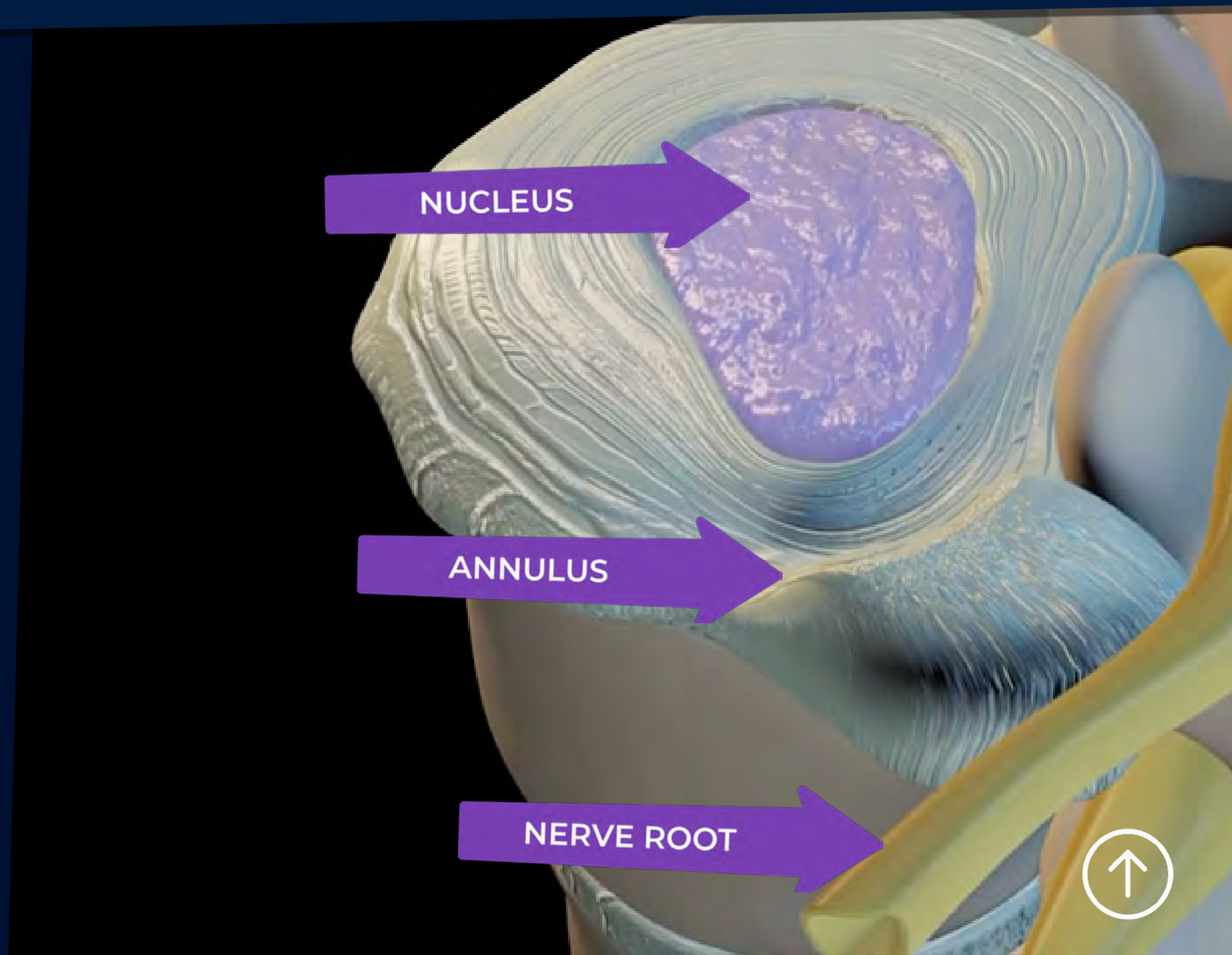
Disc Characteristics

Poor Blood Supply

Discs have poor blood supply, so they do not repair themselves like other parts of the body.

Poor Nerve Supply

Due to poor nerve supply in discs, pain is usually only experienced when the disc puts pressure on one of the spinal nerve roots.

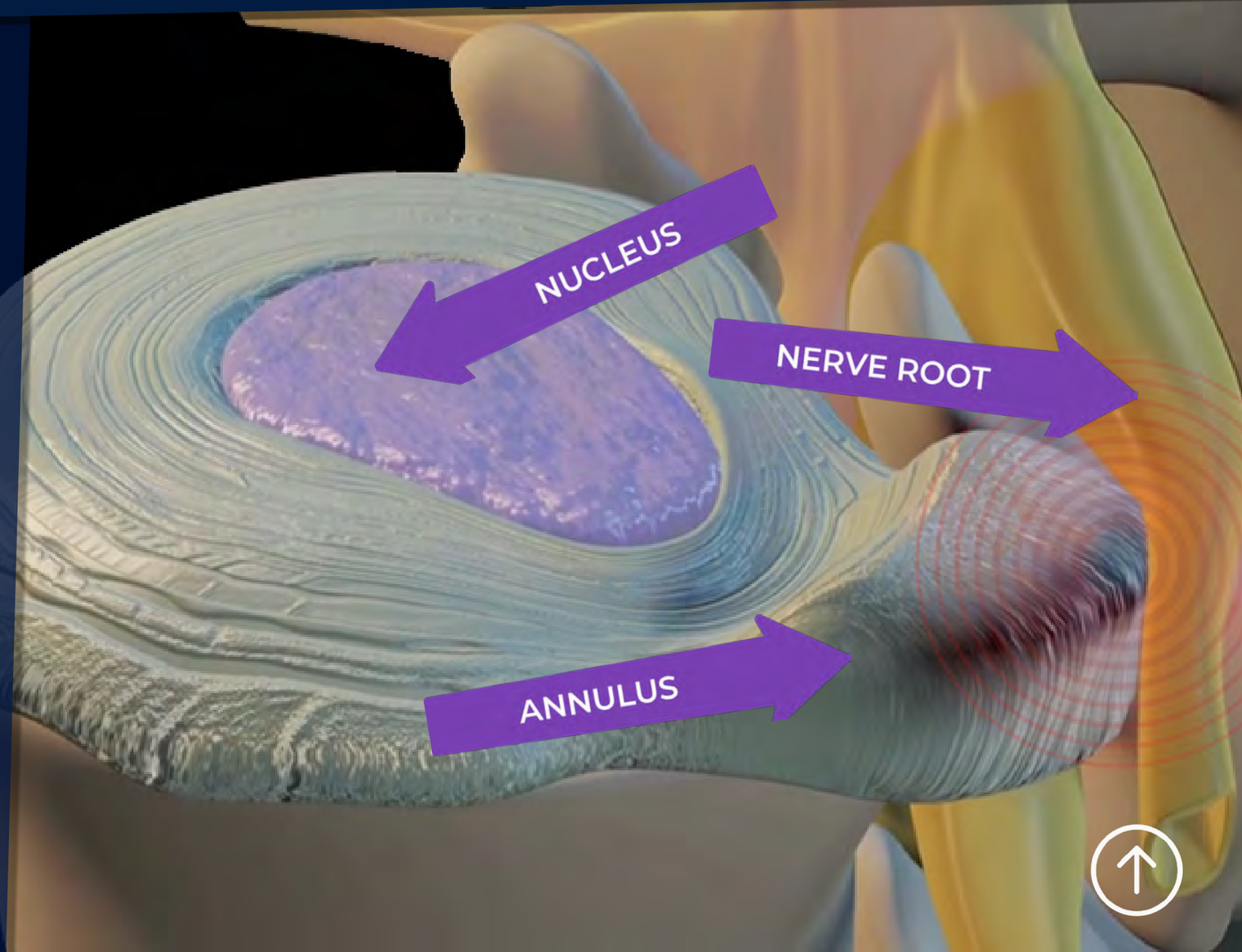


Anatomy & Back Care

Bulging Disc

When the disc is put under strain the inner layer puts pressure on the outer layer causing it to bulge.

This bulging can put pressure on the spinal nerve root causing pain and discomfort.

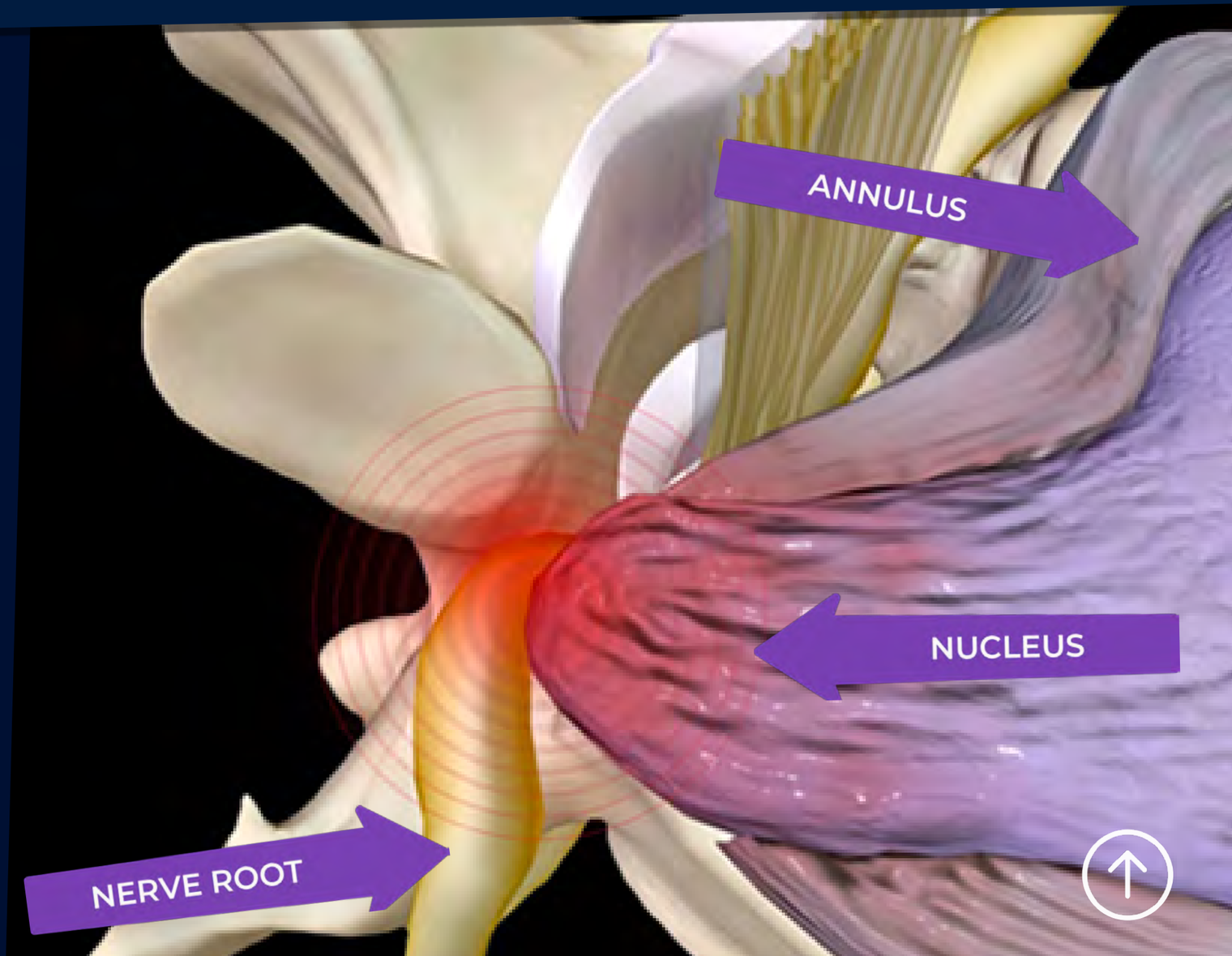


Anatomy & Back Care

Herniated Disc

A herniated disc occurs when part of the nucleus is pushed out of the annulus, into the spinal canal through a tear or rupture.

The disc presses on the spinal nerves producing severe pain.



Anatomy & Back Care

Nerves

Nerves are for transmitting messages and they are made up of millions of tiny fibres.

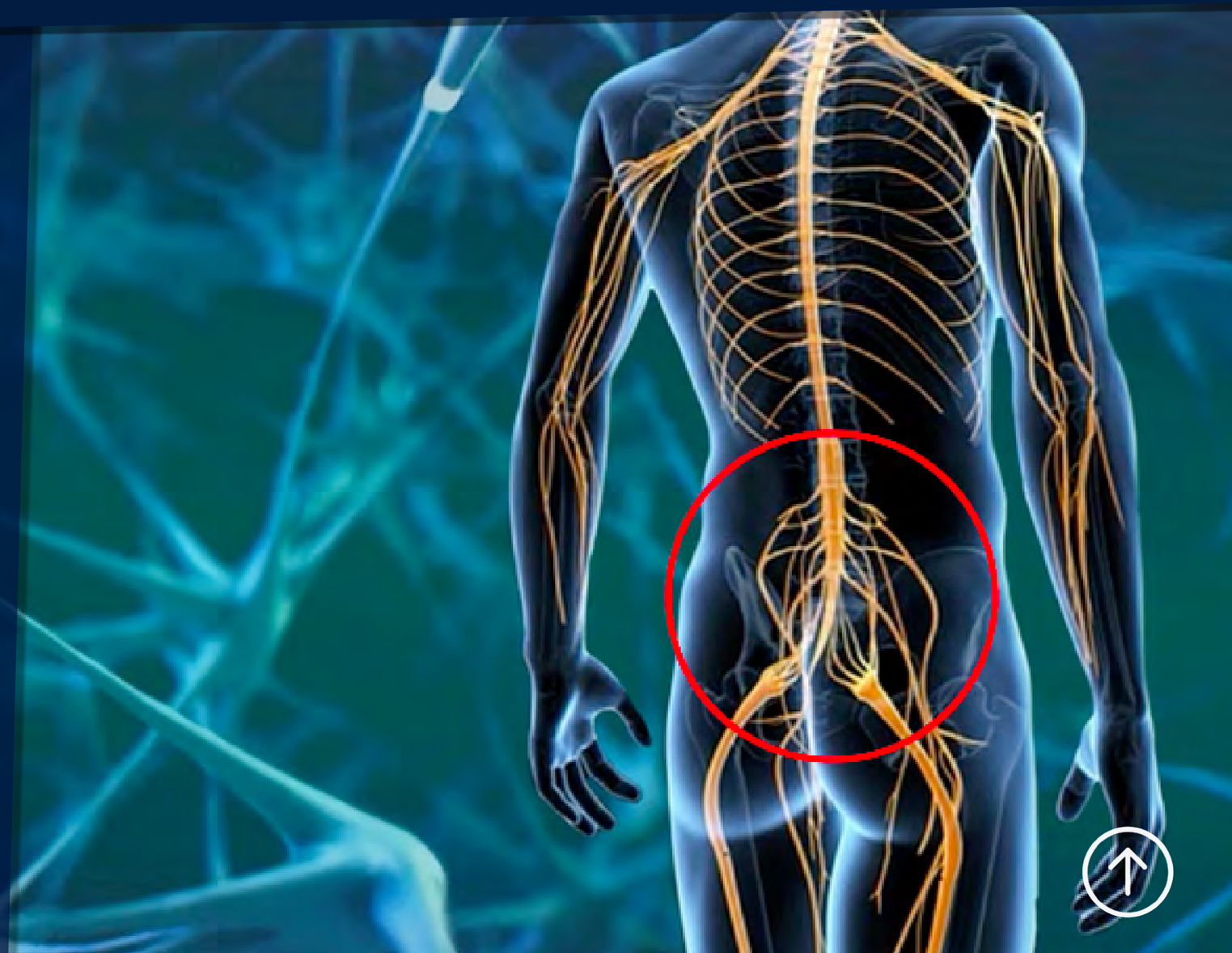
Nerves are not very strong and can be easily damaged.

Anatomy & Back Care

Nerves

As you can see, there is a large bundle of nerves in the lower back.

This is the area where we get most injuries and the most pain.

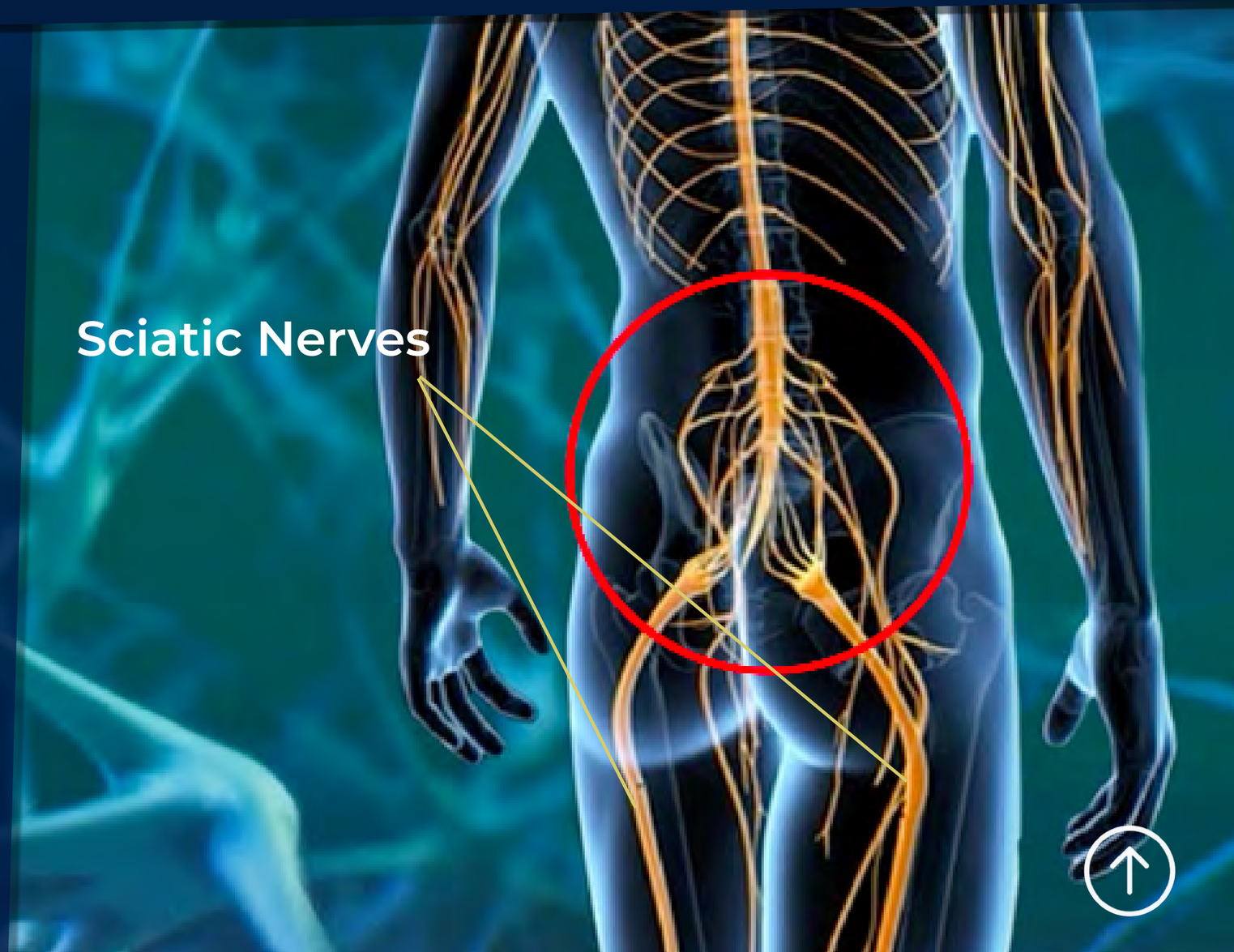


Anatomy & Back Care

Sciatica

Spinal nerve roots from the lumbar section and the sacrum merge together to form the sciatic nerves which travel down each leg.

Sciatic pain which radiates down the leg through the sciatic nerve, frequently occurs as the result of a damaged disc in the lower back.



Anatomy & Back Care

Muscles

Muscles are bundles of fibre, they have good nerve supply and good blood supply.

Good Nerve Supply:

We will feel pain when a muscle is injured.

Good Blood Supply:

The body will heal itself.

Anatomy & Back Care

Dynamic/Action Muscles

The muscles in our arms and legs used for lifting and walking are known as action or dynamic muscles.

These muscles are voluntary and designed to move while being used. This ensures good blood supply and the removal of waste products.

Anatomy & Back Care

Dynamic/Action Muscles

Static loading as a result of the muscles producing energy from a poor oxygen supply can occur when the muscles are contracted for long periods.

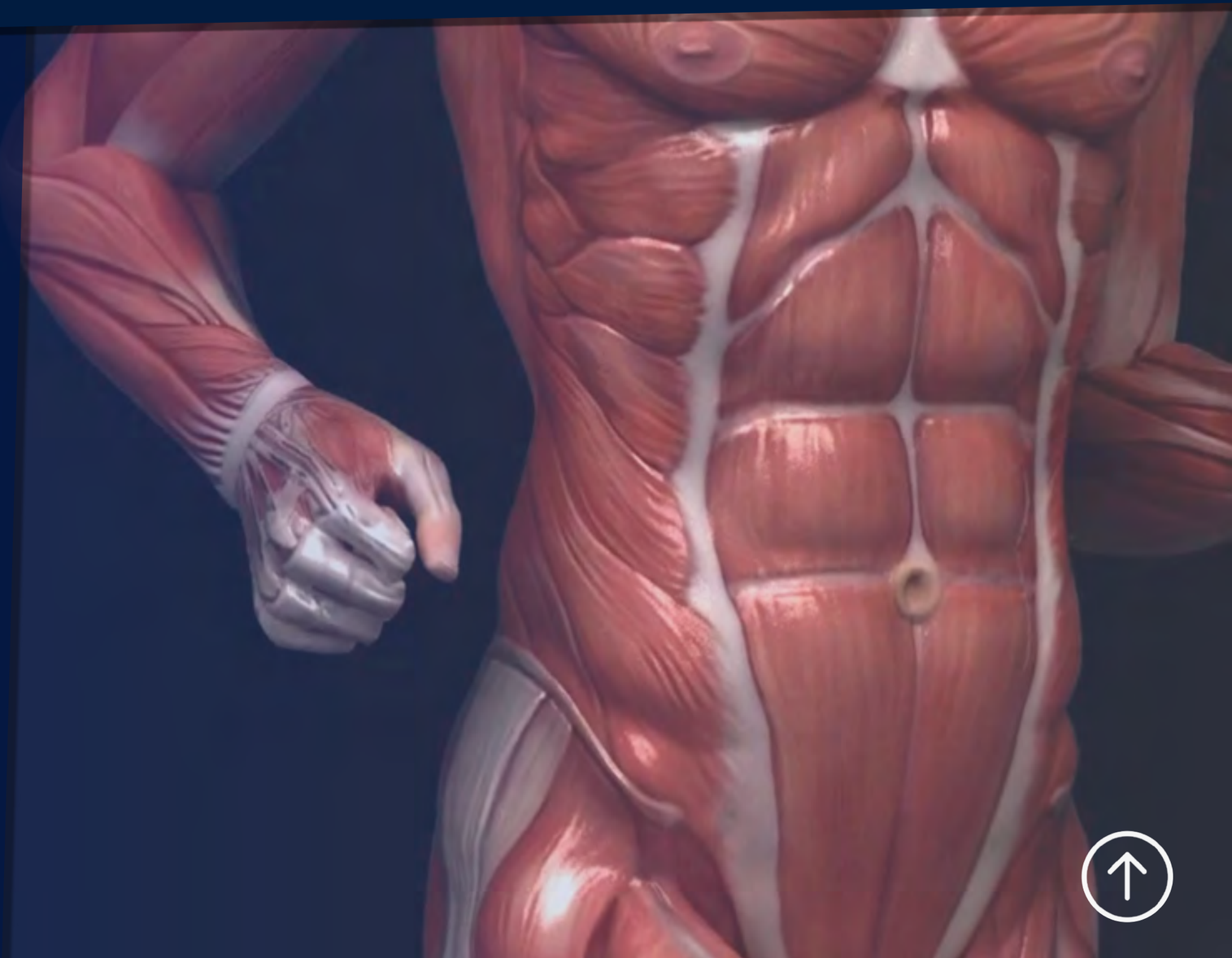
Anatomy & Back Care

Postural/Core Muscles

Postural muscles are for posture and protection of the core.

They are involuntary and designed to work all the time.

Static postures can prevent the core from working efficiently.



Anatomy & Back Care

Postural/Core Muscles

Driving for long periods without taking a break.

Slouching and sitting for long periods in static or poor postures.

Standing in the same position without moving for sustained periods.

Anatomy & Back Care

Static Postures

Lying on the couch with poor posture can result in 50% more pressure on the discs.

The core muscles cannot work properly in slouched postures.

Anatomy & Back Care

Static Postures

Take regular breaks on long journeys, they dont have to be long breaks, the idea is to change posture to help circulation and reset the core muscles.

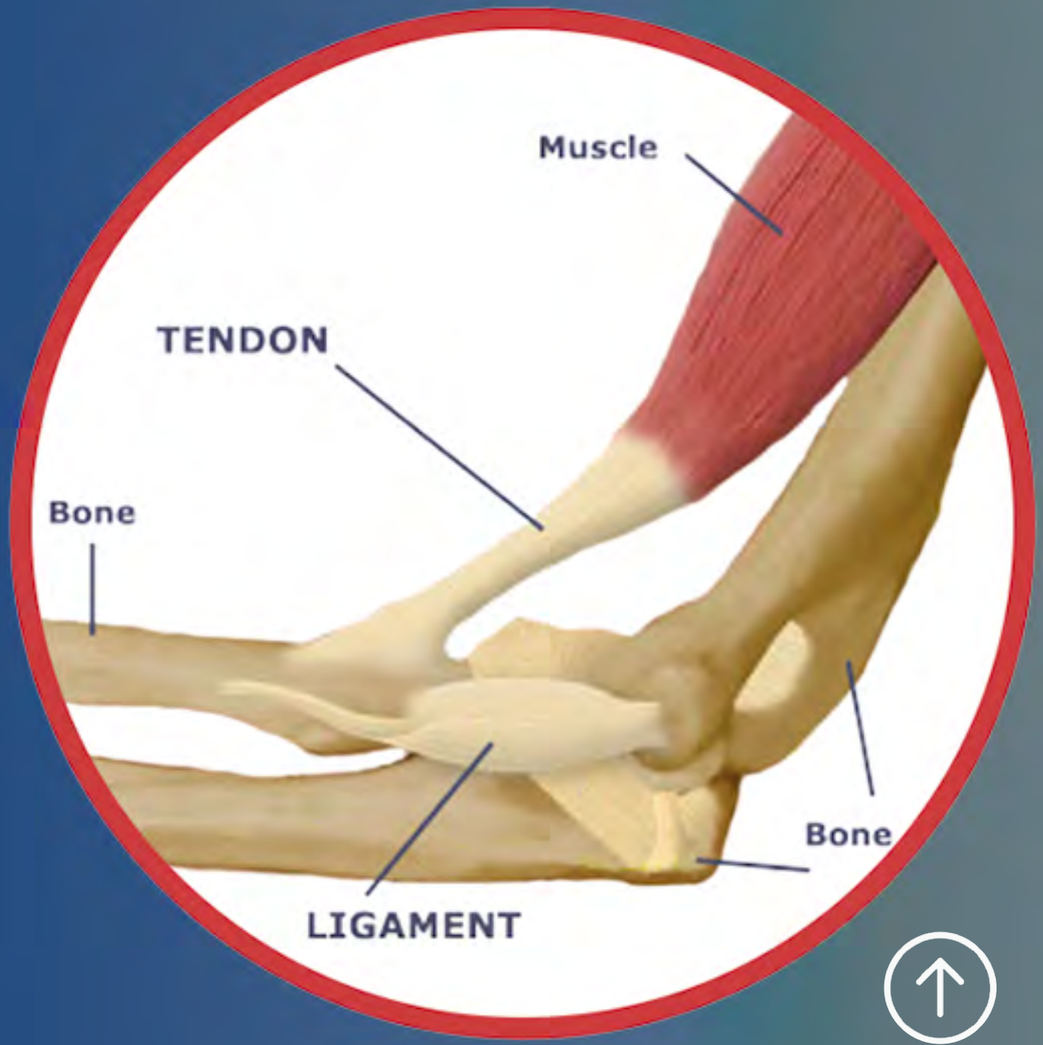
It is recommended that we get up from a workstation every 30 minutes.

Anatomy & Back Care

Ligaments & Tendons

Ligaments and Tendons are made-up of strong fibrous connective tissue.

Ligament and tendon injuries can cause intense pain and irreversible impairment if left untreated.



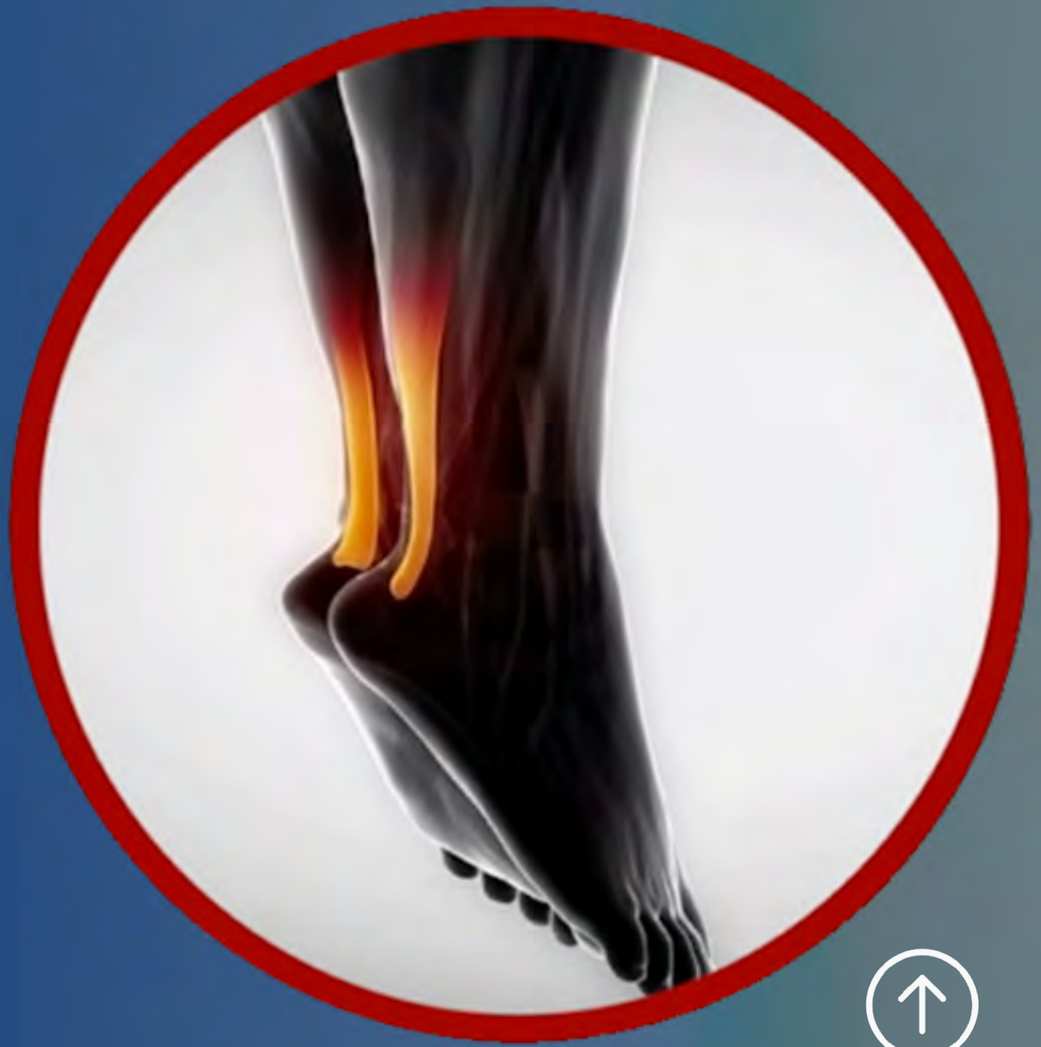
Anatomy & Back Care

Tendons

Tendons attach muscle to bone.

They can be damaged by RSI and over-stretching.

Over-stretching can cause inflammation and tendonitis



Anatomy & Back Care

Ligaments

Ligaments help to connect bones, holding joints together, and in place.

They can be overstretched, sprained and torn.

In cases of severe injury ligaments can snap!

Anatomy & Back Care

Warm-up & Stretching

Warm-up and stretching before commencing work will reduce the risk of musculoskeletal injuries.

Biomechanics & The Lever Effect

Biomechanics?

Biomechanics is the study of the forces acting on the musculoskeletal system, using mechanical and physical measurements and calculations.

Biomechanics & The Lever Effect

Biomechanics?

Biomechanics can also be used to investigate the causes of manual handling injuries.

Biomechanics & The Lever Effect

Risk Factors

You may not be aware of how great the strain can be on the lower back, when bending forward just a little.

Using biomechanics it is possible to calculate how much force is exerted on the lower back, and how different postures affect the spine.

Biomechanics & The Lever Effect

Risk Factors

Using biomechanics it is possible to calculate how much force is exerted on the lower back, and how different postures affect the spine.

Biomechanics & The Lever Effect

Mechanical loading on the spine and musculoskeletal system will increase with:

- Small changes in posture.
- The weight of the load.
- The distance loads are held away from the body.
- The angle of the spine
- Leaning, stooping and twisting.
- Prolonged static postures.
- Sitting down while handling loads.

Biomechanics & The Lever Effect

Increased Mechanical Loading

The further the spine is moved forward, the greater the force the muscles and ligaments must produce to hold the body weight in position.

Biomechanics & The Lever Effect

Increased Mechanical Loading

The weight of the head and upper body pulls the spine forward so ligaments, tendons and muscles in the lower back create a counterbalance.

Biomechanics & The Lever Effect

Increased Mechanical Loading

Tensing of the back muscles to create a counterbalance can lead to compression of the discs.

Biomechanics & The Lever Effect

The Lever Effect

The lever effect is great when it works in our favour.

Door handles, tyre levers, nail bars etc. are essential.

Biomechanics & The Lever Effect

The Lever Effect

When we make a lever by holding loads away from our body however, it works against us and increases the risk of injury.

The force generated on the lower back is many times the weight of the load.

Biomechanics & The Lever Effect

The Lever Effect

When we make a lever by holding loads away from our body however, it works against us and increases the risk of injury.

The force generated on the lower back is many times the weight of the load.

Biomechanics & The Lever Effect

The Lever Effect

It is easy to reduce the lever effect.

Get in close to the load to lift.

Carry the load next to *C.O.G.

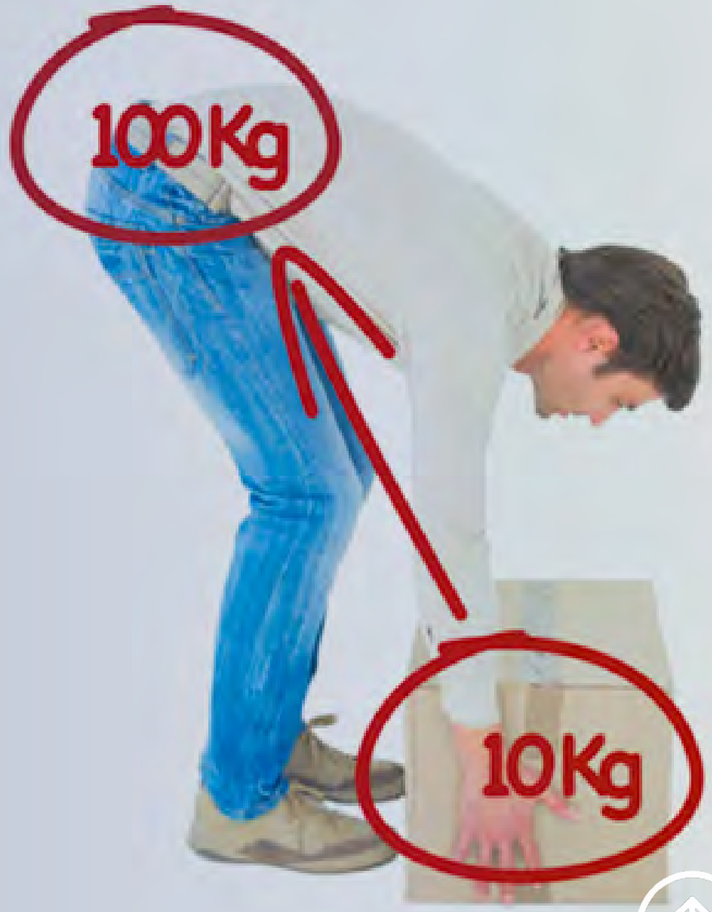
* Centre of Gravity (waist high)

Biomechanics & The Lever Effect

The Lever Effect

In a stooping position, the lever effect can increase the force on the lower back by 10 times the weight of the load.

DO NOT LIFT LIKE THIS!



Biomechanics & The Lever Effect

Get in Close to the Load

Get in close to the load and lift with your legs.

Bend the knees not your back.

Biomechanics & The Lever Effect

Broad Stable Base

If you adopt a broad, stable base when lifting and placing loads down, you will reduce the risk of losing your balance and getting injured.

Biomechanics & The Lever Effect

Broad Stable Base

Feet should be shoulder width apart, with one foot slightly in front of the other.

You may have to widen your stance for ease of access to the load.

This is fine as long as the lift uses the legs and not the back.

Biomechanics & The Lever Effect

Broad Stable Base

Adopting a broad stable base will give you time to deal with an unexpected situation, and help reduce the risk of injury.

Biomechanics & The Lever Effect

Manual Handling

33% of Workplace Injuries.

Slips, Trips & Falls

17% of Workplace Injuries

Risk Assessment

The risk assessment process involves identifying hazards, deciding who or what is at risk of harm, and putting control measures in place to reduce or eliminate the risk.

Risk assessments have a formal structure, and they must be recorded and reviewed.

The Risk Assessment Process

Step 1: Identify the hazards.

Step 2: Decide who might be harmed and how.

Step 3: Evaluate the risks and decide on control measures.

Step 4: Record your findings and implement the control measures.

Step 5: Review your risk assessment and update if required.

Risk Assessment Review?

Risk Assessment Reviews

- Risk assessments should be reviewed annually.
- When staff, equipment or work processes change.
- Immediately following a Health & Safety Loss Event.

Dynamic Risk Assessment: TILE

Dynamic Risk Assessment

Dynamic on the spot risk assessments are required in many situations, including:

Any change in workplace conditions, when workers have not carried out tasks before, if a workers health and fitness status has changed, and changes to the workplace environment.

We can use the TILE acronym to quickly and efficiently carry out a dynamic risk assessment.

Dynamic Risk Assessment: TILE

Manual Handling Risk Factors

TASK

What elements of the task will increase the risk?

INDIVIDUAL

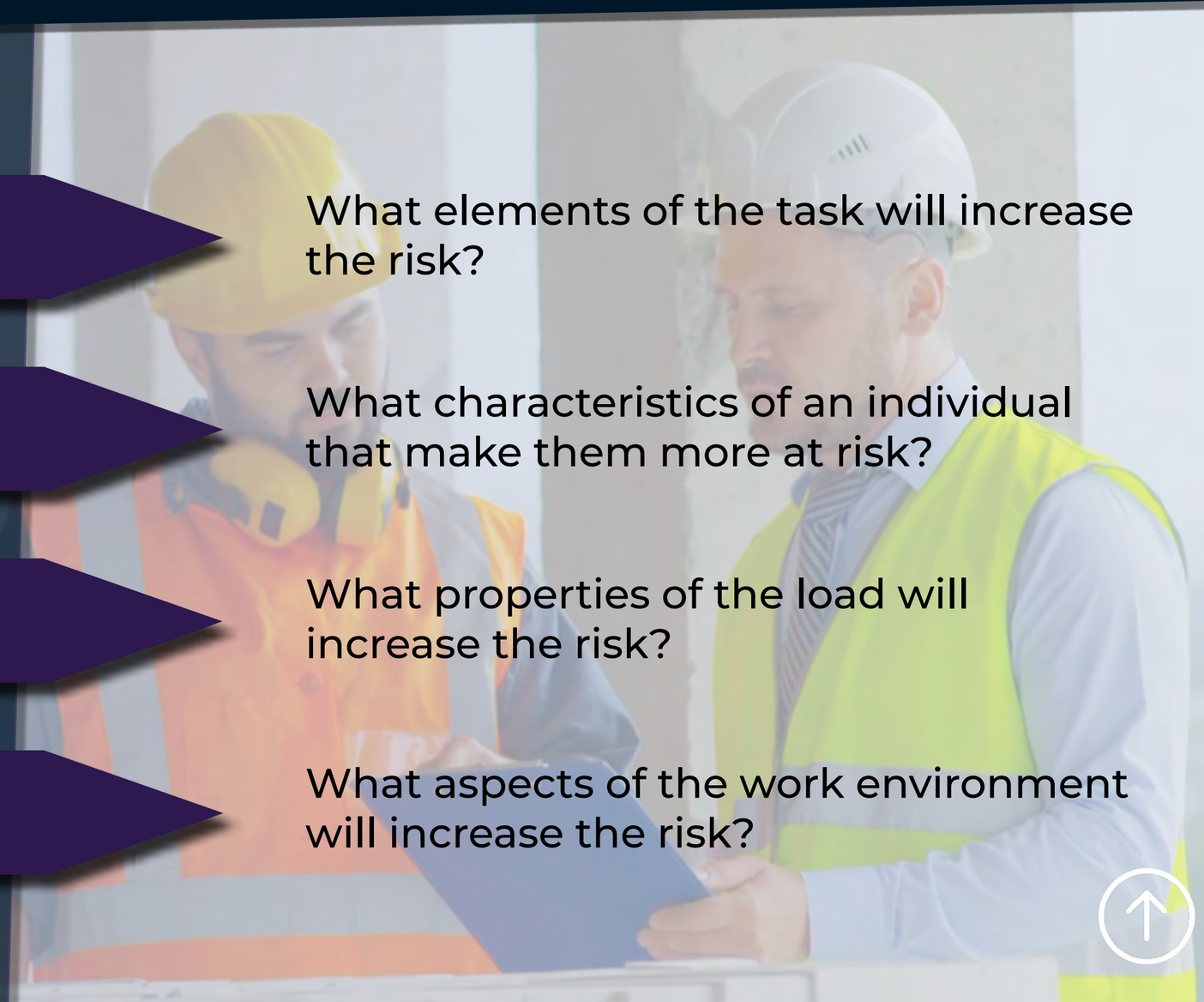
What characteristics of an individual that make them more at risk?

LOAD

What properties of the load will increase the risk?

ENVIRONMENT

What aspects of the work environment will increase the risk?



TILE: Manual Handling Risk Factors

TASK

Elements of the task that can increase the risk. Does the task invlove:

- Holding loads away from the body.
- Twisting.
- Stooping.
- Reaching upwards.
- Excessive pushing & pulling.
- Moving loads over long distances.

TILE: Manual Handling Risk Factors

TASK

Avoid holding loads away from the body.

Twisting and stooping can cause injury very easily, try to avoid these movements.

Reaching upwards poses a risk of losing balance, use podium steps where possible.

Excessive pushing & pulling is another easy way to get injured, ask for help or use a mechanical aid.

When moving loads over long distances fatigue can be a risk factor, whenever possible get help or use mechanical equipment.

TILE: Manual Handling Risk Factors

INDIVIDUAL

Characteristics of an individual that may increase the risk of injury:

- Poor fitness level.
- Below average physical ability.
- Recent illness or injury.
- Lack of training/experience.
- Existing/recurring back injury.
- Pregnant workers.

TILE: Manual Handling Risk Factors

INDIVIDUAL

Some tasks will not be suited to everyone.

If a worker gets injured they may not be able to move loads safely until they are fully recovered.

Pregnant workers should not risk moving any loads which may result in overexertion.

Workers who do not feel they can move a load safely should not put themsleves at risk, there can often be someone much better suited to move loads safely.

If in doubt, always ask for help.

TILE: Manual Handling Risk Factors

LOAD

Characteristics of the load that may increase the risk:

Is the load:

- Bulky, heavy or difficult to grasp?
- Unstable or with contents likely to move around?
- Sharp, hot or otherwise potentially harmful?
- Expensive or fragile?

TILE: Manual Handling Risk Factors

LOAD

The characteristics of a load can often determine how it can be moved safely.

Bulky and awkward loads will usually require at least two people to move safely.

Heavy loads should be moved by mechanical means where possible, however getting assistance to manually move a heavy load will help prevent or reduce the risk of injury.

When moving sharp, hot or harmful items plan the task, check the route, and inform co-workers.

If moving expensive/fragile items check and clear the route, open doors, put lights on etc. before setting off with the load.

TILE: Manual Handling Risk Factors

ENVIRONMENT

Aspects of the workplace environment that may increase the risk of injury:

- Uneven floor levels?
- Weather conditions: ice, rain, wind, snow?
- Poor lighting?
- Stairs?
- Extremes of temperature?
- Wet or slippy underfoot?
- Space constraints

TILE: Manual Handling Risk Factors

ENVIRONMENT

Environmental factors also determine how loads can be moved safely.

When space constraints are an issue, remember to adopt a neutral posture when possible and allow extra time for tasks.

Always check routes for suitable lighting, level changes, flooring conditions, wet or slippy floors, good access and no obstacles.

Arrange help to move loads on stairs.

Evaluation of safe moving loads when working outside must include weather conditions, we can adapt to working safely in bad weather conditions, up to a point.

TILE: Manual Handling Risk Factors

A TILE Assessment is always required before beginning any tasks you are unfamiliar with. There may be other site-specific risk factors to consider.

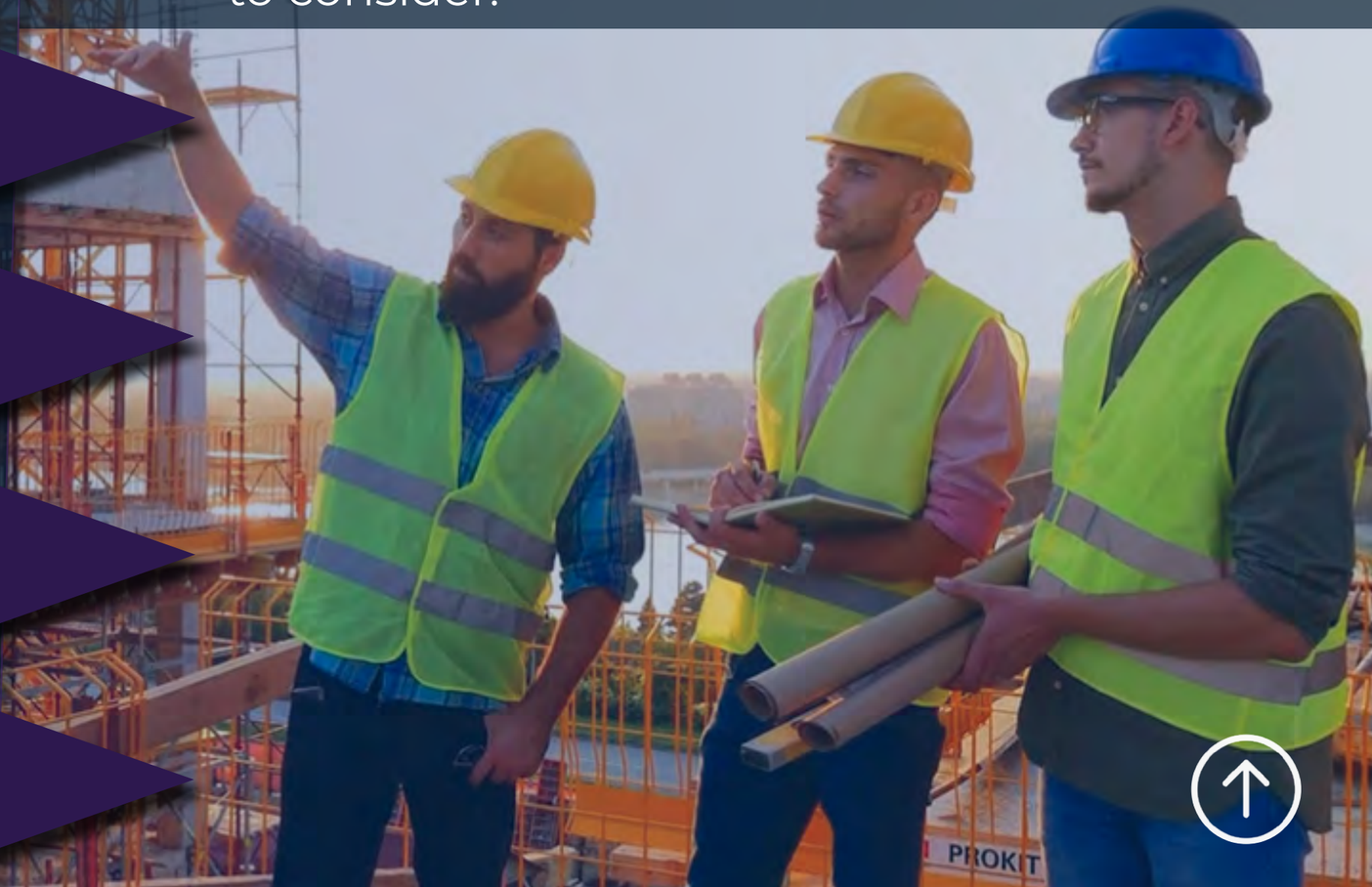
TASK

INDIVIDUAL

LOAD

ENVIRONMENT

+ OTHER FACTORS



Ergonomics

Ergonomics is the process of designing or arranging workplaces, tasks and systems, so that they fit the people who use them.

Good ergonomics in the workplace helps to reduce the strain on workers and improve productivity.

Ergonomics

There are many reasons why ergonomic risk factors need to be managed including:

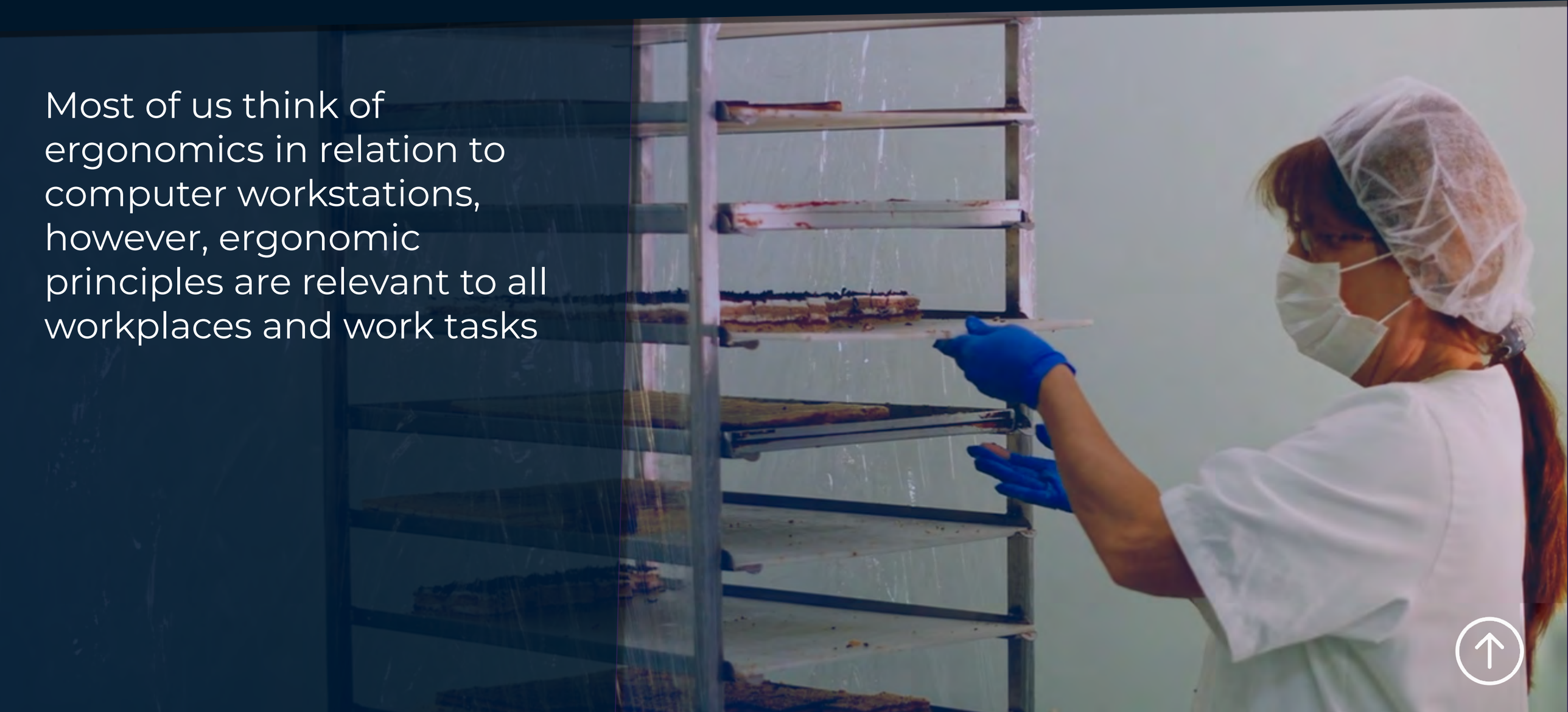
- Protection of health.
- Improved performance
- Legislation.

Ergonomics

Employers have a legal duty to manage ergonomic risk in the workplace, and to put appropriate measures in place to avoid or reduce risk of musculoskeletal injury.

Ergonomics

Most of us think of ergonomics in relation to computer workstations, however, ergonomic principles are relevant to all workplaces and work tasks



Ergonomic Risk Management

Ergonomic Risk Management is the identification of work areas and tasks that may expose employees to risk of injury or ill health.

These areas include:

- Manual handling
- Display screen equipment
- Workstations
- The office environment

Ergonomic Risk Management

When evaluating a task, ergonomic characteristics to consider should be:

- The physical effort required.
- The working postures.
- Repetitive motions.

Insufficient breaks should also be considered as unfavourable ergonomic conditions.

Ergonomic Risk Management

Environmental conditions that must be taken onto account include:

- Workplace temperature
- Noise.
- Lighting.
- Proper adjustment of equipment. (e.g. is adjustable workstation set at correct height for current user?)

Ergonomic Risk Management

Employers Duties:

To prevent work related musculoskeletal disorders, employers must:

Complete specific risk assessments of work activities to include ergonomic risk factors.

They must ensure control measures are implemented.

Develop a safe system of work, and provide training.

Ergonomic Risk Management

Employees Duties:

Employees must complete training in Manual Handling and DSE (as required)

Implement the skills and knowledge acquired in training.

Use the appropriate equipment provided, and follow Safe Systems of Work.

Office Ergonomics

Workstation:

Keyboard and mouse should be at the same level, with the weight of your arms supported by the arm rests of the chair.

The keyboard and mouse should also be positioned so that your wrists remain straight.

Office Ergonomics

Workstation:

All other required tools, such as staplers, pens or pencils, and your phone, should be within reach.

If you use the phone frequently it is best practice to use a headset instead of cradling a handset with your shoulder.

Manual Handling Ergonomics

Repetitive Tasks:

Repeating the same movement continuously through the day can cause strains.

If job rotation or alternating tasks throughout the shift is unrealistic, be sure to incorporate rest breaks.

Manual Handling Ergonomics

Posture:

It is best practice to avoid:

- Bending
- Stooping
- Twisting
- Overreaching
- Stretching

Try to void tasks above shoulder height and prolonged overhead work.

Manual Handling Ergonomics

Handling Loads:

- Always try to keep the load close to the body.
- Avoid carrying loads with one hand.
- Avoid always using the same side of the body when carrying loads, alternate your posture.

Manual Handling Ergonomics

Heavy/Difficult Loads:

- Use mechanical aids for transporting heavy or difficult loads
- Avoid lifting heavy loads by yourself.
- Ask for help
- Use mechanical equipment

Mechanical Equipment

We can avoid or reduce manual handling risks by utilising mechanical lifting equipment.

In fact using lifting equipment is really a no-brainer, if a load needs moving and suitable equipment is available for the task, it makes the task safer and easier.

Mechanical Equipment

Some mechanical lifting aids like a forklift truck will eliminate the need for manual handling.

Other mechanical lifting aids, like pallet trucks or trolleys will require pushing or pulling.

Mechanical Equipment

When equipment requires physical effort to use it, there is of course manual handling involved.

However, the risk of injury from performing the task will be greatly reduced.

Mechanical Equipment

Mechanical lifting aids should be used for transporting loads whenever possible, to reduce the risk of injury.

Using mechanical equipment reduces the physical effort required, making material handling easier and safer.

Mechanical Equipment

Always check for the availability of lifting equipment before handling loads.

Select the correct equipment to complete the task safely.

It is important to select the right equipment for the task.

Mechanical Equipment

Do not under any circumstances operate lifting equipment, unless you are trained and certified, and have been deemed competent as an operator by your employer.

Mechanical Equipment

There are many specialized trolleys and mechanical lifting aids available, to cover the varied scope of requirements across a range of industries.

Mechanical Equipment

Use elevators/service lifts whenever available.

Remember that using suitable mechanical equipment for any material handling task reduces the physical effort required, making the job easier and safer.

Health, Fitness & Flexibility

It is important to keep health and fit.

Keeping flexible will help to prevent injury and back pain, and improve posture

and balance.

Staying healthy and fit will help promote recovery, if you should get ill or injured.

Health, Fitness & Flexibility

Healthy Diet

A healthy diet rich in fruits, vegetables, whole grains and low-fat dairy can help to reduce your risk of heart disease.

By maintaining healthy blood pressure and cholesterol levels.

Health, Fitness & Flexibility

Healthy Diet

A well-balanced diet provides all of the energy you need to keep active throughout the day, and the nutrients you need for growth and repair.

It helps you to stay strong and healthy, and prevents diet related illness.

Health, Fitness & Flexibility

Healthy Diet

Together with exercise, eating a healthy diet in the right proportions can also help you lose weight.

It can help to lower your cholesterol levels and blood pressure, and decrease your risk of type 2 diabetes.

Health, Fitness & Flexibility

Enough Rest

If your body doesn’t get enough sleep, it can react by producing an elevated level of stress hormones, which are a natural result of today’s fast paced lifestyles.

Deep and regular sleep can help prevent this. The body needs to get enough rest.

Health, Fitness & Flexibility

Reduce Alcohol Intake

Many alcohol-related health risks don’t appear until later in life.

Drinking less will reduce your risk of developing serious health issues such as cancer, liver or heart disease and could contribute to lowering your blood pressure

Health, Fitness & Flexibility

Stop Smoking

Quitting smoking lowers your risk of diabetes, lets blood vessels work better, and helps your heart and lungs.

Life expectancy for smokers is at least 10 years shorter than that of non-smokers.

Quitting smoking before the age of 40 reduces the risk of dying from smoking-related disease by about 90%.

Health, Fitness & Flexibility

Reduce Stress

Stress consumes energy and nutrients which could otherwise be used to protect the body.

In response to stress, the body produces stress hormones and causes a rise in heart rate and blood pressure.

Health, Fitness & Flexibility

Reduce Stress

Stress occurs every day and is a normal part of human functioning.

It can have some benefits, such as increasing motivation, but excessive or chronic stress can lead to serious health problems.

Health, Fitness & Flexibility

Take Regular Exercise

Exercise can reduce the risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50%, and reduce the risk of early death by up to 30%.

Health, Fitness & Flexibility

Take Regular Exercise

To stay healthy, we should all try to be active every day and aim to achieve at least 150 minutes of physical activity every week.

For most people, the easiest way to get moving is to make activity part of everyday life.

Health, Fitness & Flexibility

Take Regular Exercise

The more you do the better, and taking part in activities such as sports and exercise will make you even healthier.

Back Care Outside of the Workplace

It is easy to forget sometimes that there is a need to look after our back outside of the workplace.

Good posture and safe lifting techniques will reduce the risk of injury posed by manual handling tasks in any location or situation.

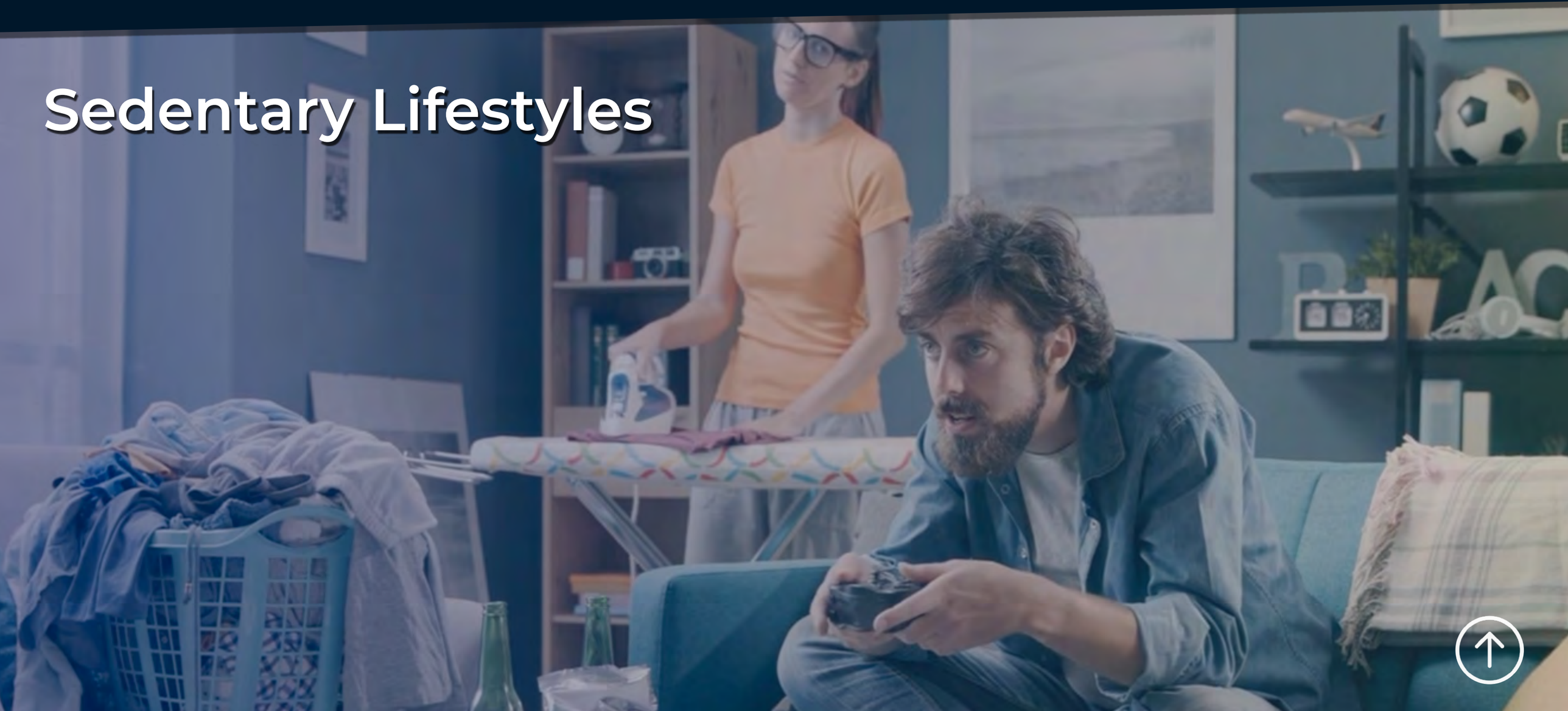
Back Care Outside of the Workplace

Looking after your back and maintaining an awareness of manual handling risks is not limited to the workplace.

There are many activities we do outside of work, that involve movements, postures and actions that can cause back problems:

Back Care Outside of the Workplace

Sedentary Lifestyles



Back Care Outside of the Workplace

Stooping & Overreaching

Back Care Outside of the Workplace

Overexertion

Back Care Outside of the Workplace

Bad Posture

Back Care Outside of the Workplace

Moving Awkward Loads

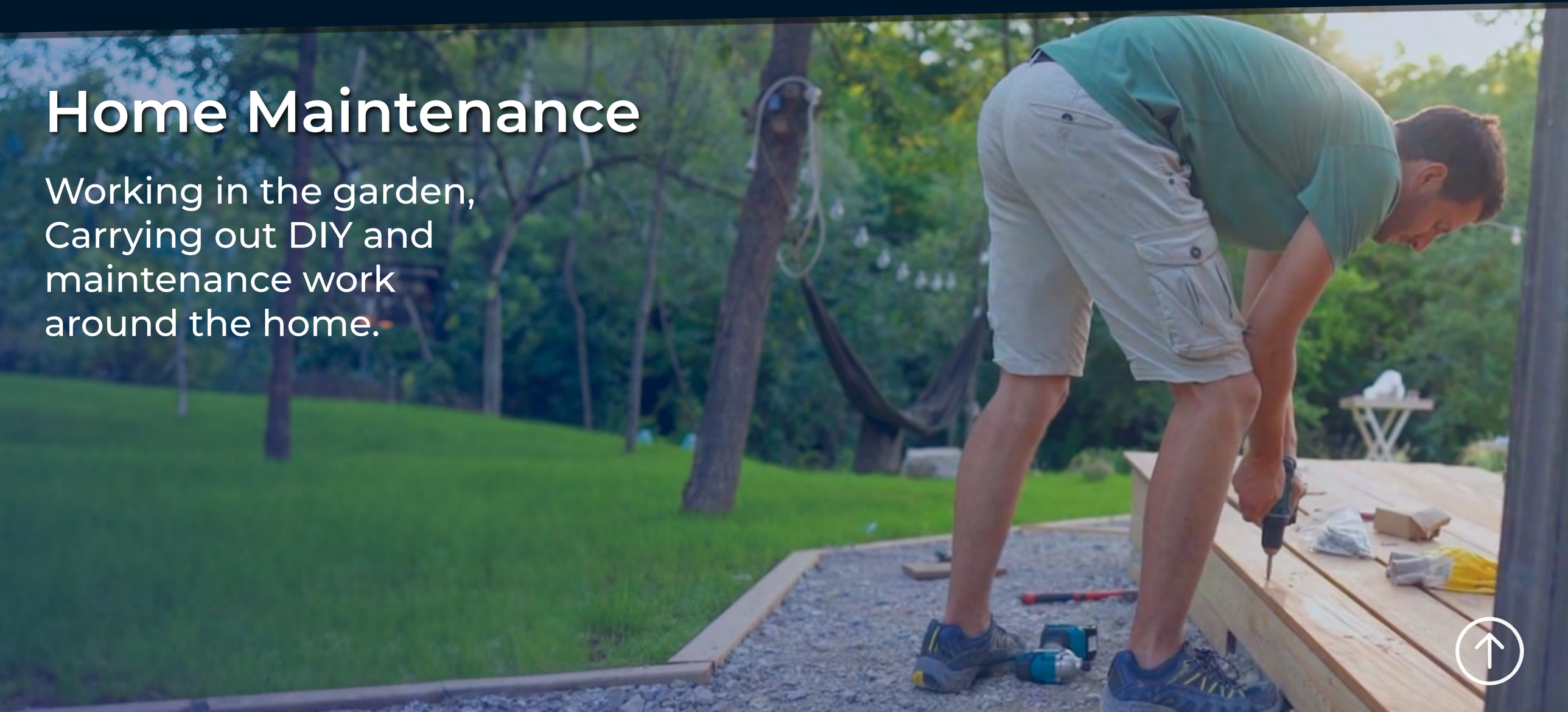
Back Care Outside of the Workplace

Repetitive Tasks

Back Care Outside of the Workplace

Sporting Activities

Back Care Outside of the Workplace



Home Maintenance

Working in the garden, Carrying out DIY and maintenance work around the home.

Back Care Outside of the Workplace

Childcare

Childcare is good example of an activity at home that can easily cause back problems.

Back Care Outside of the Workplace

Childcare

Slouching with the baby rested on the hip, changing nappies on the floor, stooping over or twisted around on the couch will cause problems.

Back Care Outside of the Workplace

Childcare

It is the daily frequency of these actions over a long period of time which puts the back at risk.

Back Care Outside of the Workplace

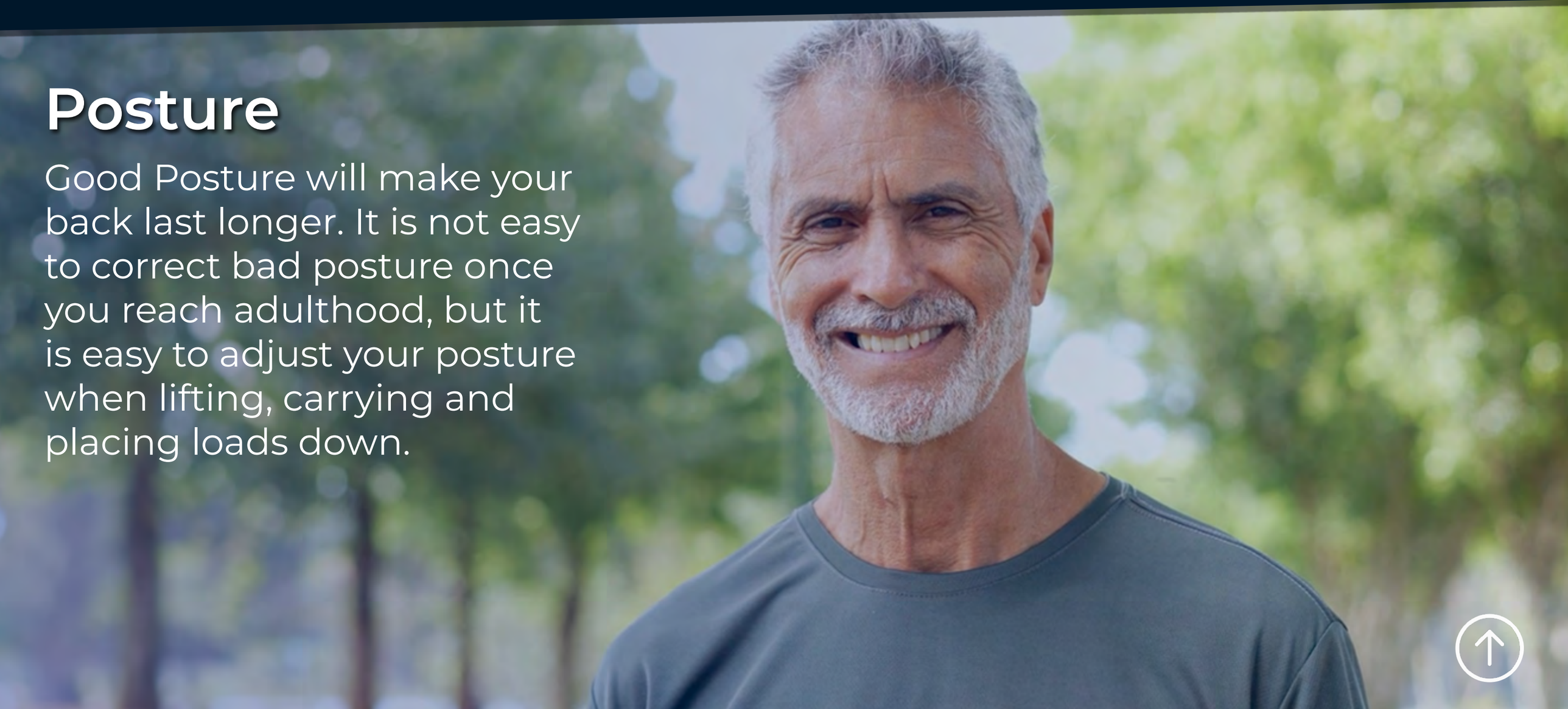
Childcare

Adopting the correct posture when holding a child, and using a changing station to change nappies would be a great improvement.

Back Care Outside of the Workplace

Posture

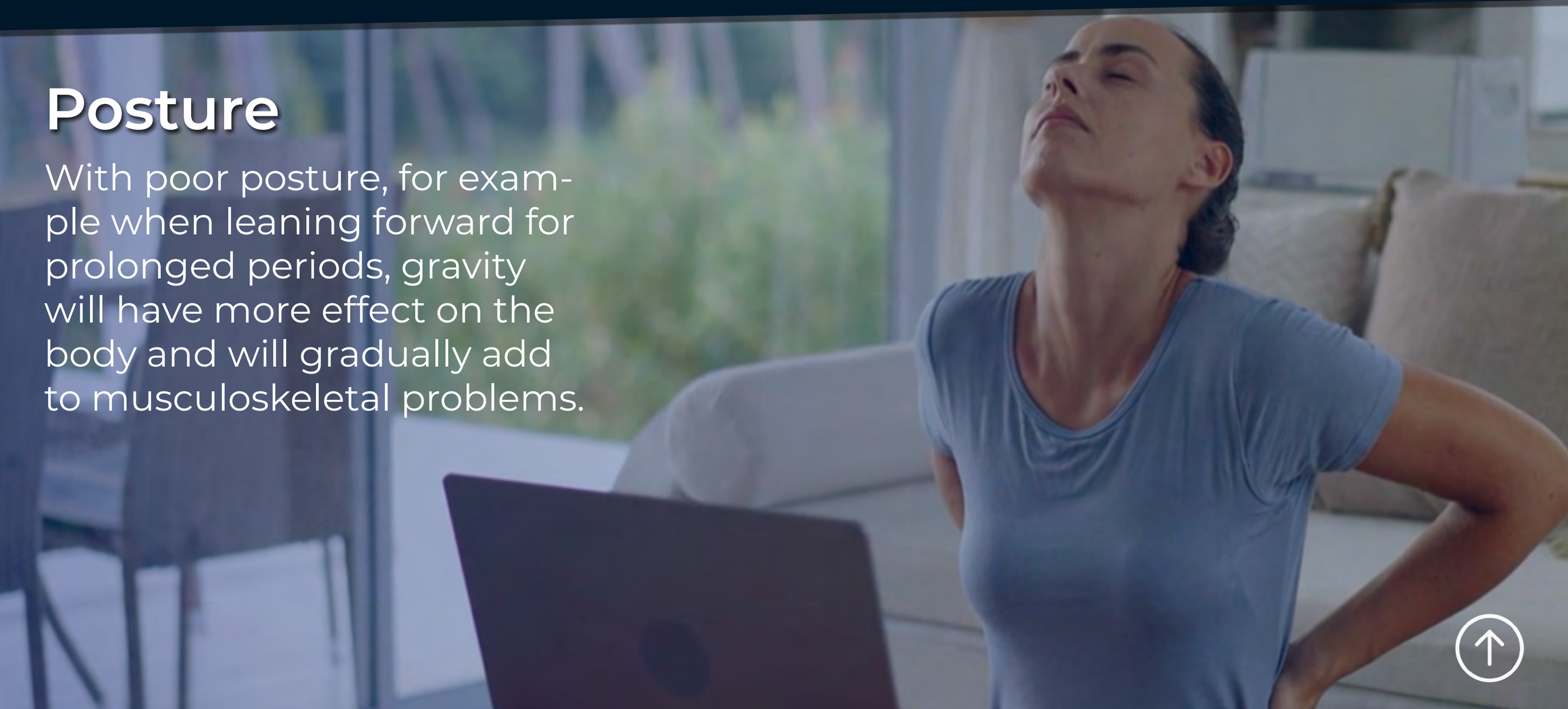
Good Posture will make your back last longer. It is not easy to correct bad posture once you reach adulthood, but it is easy to adjust your posture when lifting, carrying and placing loads down.



Back Care Outside of the Workplace

Posture

With poor posture, for example when leaning forward for prolonged periods, gravity will have more effect on the body and will gradually add to musculoskeletal problems.



Safe Moving of Loads

This final section covers the practical elements involved in the safe moving of loads:

- Get in close to the load
- Adopt a broad stable base
- Move smoothly bending the knees
- Always check the weight of the load, get help if not sure
- Get a firm palm grip or use handles if in place
- Lift and lower using the legs
- Push and pull using weight transference
- Carry loads next to centre of gravity (waist high)

Careful planning can reduce manual handling and reduce risk of injury.
Use mechanical equipment when possible.
Reduce load size.
Store heavy items at waist high, this is our strongest lifting area.

Floor to Bench

Get in close to the load with a broad stable base.

Look straight ahead when moving down to the load to avoid stooping.

Have a look at the load, check the weight and get a firm palm grip.

Floor to Bench

Carry the load next to your centre of gravity, which is waist high.

Get in close to the edge of the bench, with a broad stable base.

Lower smoothly with the legs, bending the knees, do not lower with the arms.

Floor to Bench

To use weight transference: step back from the bench, and put one leg behind the other.

Lean forward moving the body weight from back to front, to push the load into place.

Do the same action in reverse to bring the load to the edge of bench.

Floor to Bench

Get in close, with a broad stable base, check the weight, get a firm palm grip, looking straight ahead, lift smoothly with the knees.

Always turn with the feet, do not twist at the waist.

Lower with the knees looking straight ahead to avoiding stooping.

To/From a Shelf

Get in close to the shelf with a broad stable base.

Get the load on the edge of the shelf, while keeping it close to the body.

Use weight transference to push the load into place.

To/From a Shelf

To remove the load, use weight transference to slide the load to the edge of the shelf.

Get in close, check the weight and get a firm palm grip.

Bring the load next to your centre of gravity, turn with your feet and look straight ahead as you carry.

Side Lifts

Get next to the load, do not stoop forward from behind the load.

Bend the knees, check the weight, get a good grip, and lift smoothly with the legs.

It is preferable to carry an even load of this type in each hand, to keep balanced pressure on the musculoskeletal system.

Awkard Loads

If you have an awkward load, get in close with a broad stable base, look straight ahead as you bend the knees to prepare for lifting.

Check the weight and get a firm palm grip. *If any load feels too heavy, you must get help or use a mechanical lifting device.*

Lift smoothly with the legs, and hold the load next to your centre of gravity as you carry.

Push/Pull Trolley

Secure the load in place, pivot the trolley back onto the wheels, using weight transference.

Find the angle where the weight is balanced and not pulling you forward and push off using weight transference.

When ready to stop, use weight transference to pivot the trolley forward. This is the safest way to stay in control of the trolley and the load.

Team Lift

Conduct a TILE assessment, then decide what commands will be given and select the team lift coordinator, only one person can give directions.

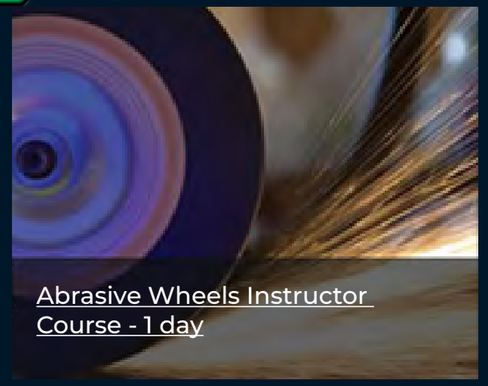
After checking the weight and discussing the move, the team lift coordinator will give the cammands to lift and move, typically :
Ready, Steady, Lift, and Move.

Team Lift

It is not recommended to carry any load at the side of the body in a twisted posture, it is far better to walk sideways facing the load with the weight in front of the body.

When ready to stop, and the load is in correct position, the team lift coordinator will typically give the commands:
Stop, and Ready, Steady, Down.

NATIONWIDE SAFETY TRAINING



Abrasive Wheels Instructor Course - 1 day

Chemical Safety & Spills Response Instructor Training - 1 day

VDU / DSE & Home Working Risk Assessor Course - 1 day

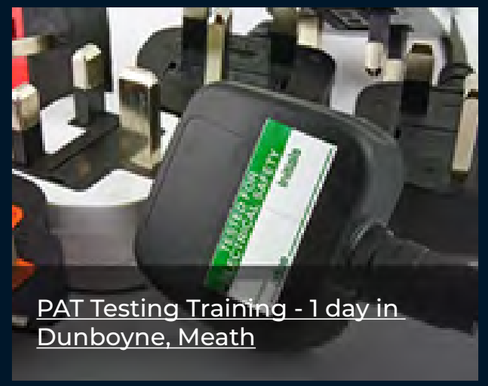
First Aid Response Refresher - 2 days

Fire Safety Instructor - 1 day

First Aid Response - 3 days

Manual Handling Instructor Refresher Training - 1 day

MEWP Instructor REFRESHER Course - 1 day



PAT Testing Training - 1 day in Dunboyne, Meath

Safety Representative - 2 Days

Working At Heights Instructor & Harness/Lanyard Inspection 1 day

MEWP Instructor Course - 4 days

NATIONWIDE SAFETY TRAINING

Did you Know?

In addition to our array of courses, we also offer a comprehensive Health & Safety Consultancy Service.

Nationwide Safety Training

What does a Safety Consultant do?

Safety consultants are professionals who assess your workplace and highlight any hazard concerns.

They help your business improve your safety protocols and maintain a safe and compliant operation.

How can we help your business?

- Safety Statements
- Safety Management Systems
- Safety/Site Audits
- Method Statements
- Risk Assessments
- Accident/Incident Investigations

We keep you and your employees aware and compliant in all aspects of Health & Safety