

Tool Box Talk

Manual Handling

Manual Handling



- Why a tool box talk on manual handling?
- What does it mean to me?

Why a talk on manual handling?



- Because it's one of the major causes of injury in the Group and the UK
- Because it's effects can last a lifetime

How to minimise the risk

- Avoid manual handling!
 - Mechanise the task if possible
- Break the load down into smaller items if possible
- Get someone else to help you with the lift
- Warm-up before you carry out any manual handling
 - A lot of our injuries occur first thing of after a break

How to minimise the risk



- Ensure where you are going to walk is free from obstructions
- Wear gloves if necessary

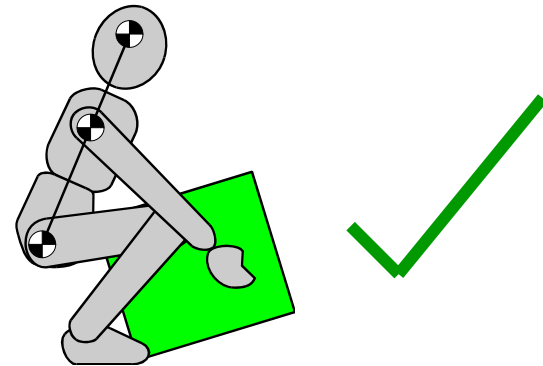
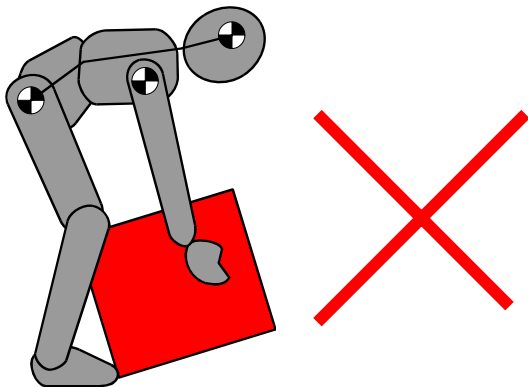
Key Principles of Safe Handling



- Assess the weight before you lift it!
- Maintain a natural upright posture
- Create a good stable base with your feet
- Always use the large leg muscles
- Keep the load close to your body
- Do not twist while you're carrying the load

Good Handling Technique

- Stand reasonable close to the load, feet hip-width apart, one foot slightly forward pointing in the direction you're going.
- Bend your knees and keep your back straight.
- Get a secure grip on the load.



Good Handling Technique



- Breathe in before lifting as this helps to support the spine.
- Use a good lifting technique, keep your back straight and lift using your legs.
- Keep the load close to your body.



Place your feet in the direction of travel

Good Handling Technique



- Don't carry a load that obscures your vision.
- Lift slowly and smoothly.
- Avoid jerky movements.
- Avoid twisting your body when lifting or carrying a load.
- When lifting to a height from the floor, do it in two stages.
- When two or more people lift a load, one person must take control to co-ordinate the lift.

Remember 'TILE'



T = TASK (job)

I = INDIVIDUAL (you)

L = LOAD (weight, shape, etc)

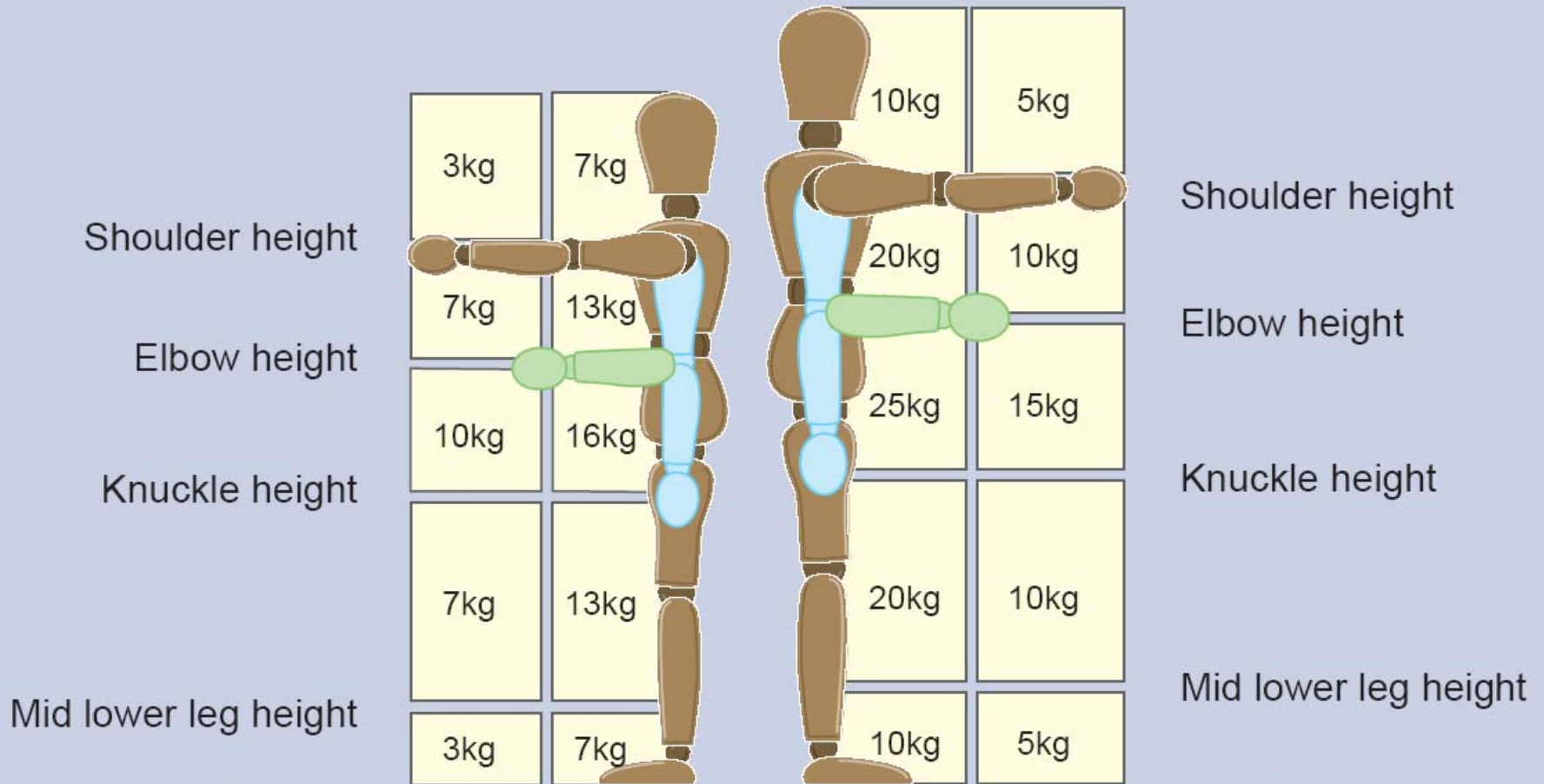
E = ENVIRONMENT (area)

OTHER FACTORS INCLUDE = MOVEMENT OR POSTURE HINDERED BY CLOTHING OR PERSONAL PROTECTIVE EQUIPMENT

A guide from the regulations:

Women

Men



Summary



- Don't Struggle
- The maximum weight you should be lifting is that which is comfortable for you.
- Check the load before you lift it – not just for the weight but also to assess the centre of gravity and to check for any sharp objects or protrusions
- Use leg power not arm power.
- Don't trigger months of back pain by being too proud to ask for some help.