

GAP Tool Box Talk: Manual Handling



Purpose

- Almost 30% of all injuries at work stem from a situation that requires manual handling
- Total number of musculoskeletal disorders in the UK in 2013/14 was 526,000

Importance

- Get it wrong today and you'll suffer the consequences tomorrow!!!

Considerations for Manual Handling

- Always use mechanical handling methods instead of manual handling if possible i.e. slab lifters or forklifts
- Know your capabilities - only tackle jobs you can handle
- Can you handle the load yourself? Do you need assistance?
- Is there a clear walkway with good lighting to the work area?

Question: What checks should you carry out before lifting?

- Where possible, establish the weight of the load before lifting
- Wear gloves to protect against cuts and punctures
- Wear safety boots or shoes to protect from falling loads
- Carry out a trial lift by rocking the load from side to side, then try lifting it a small amount to get a 'feel' for the weight

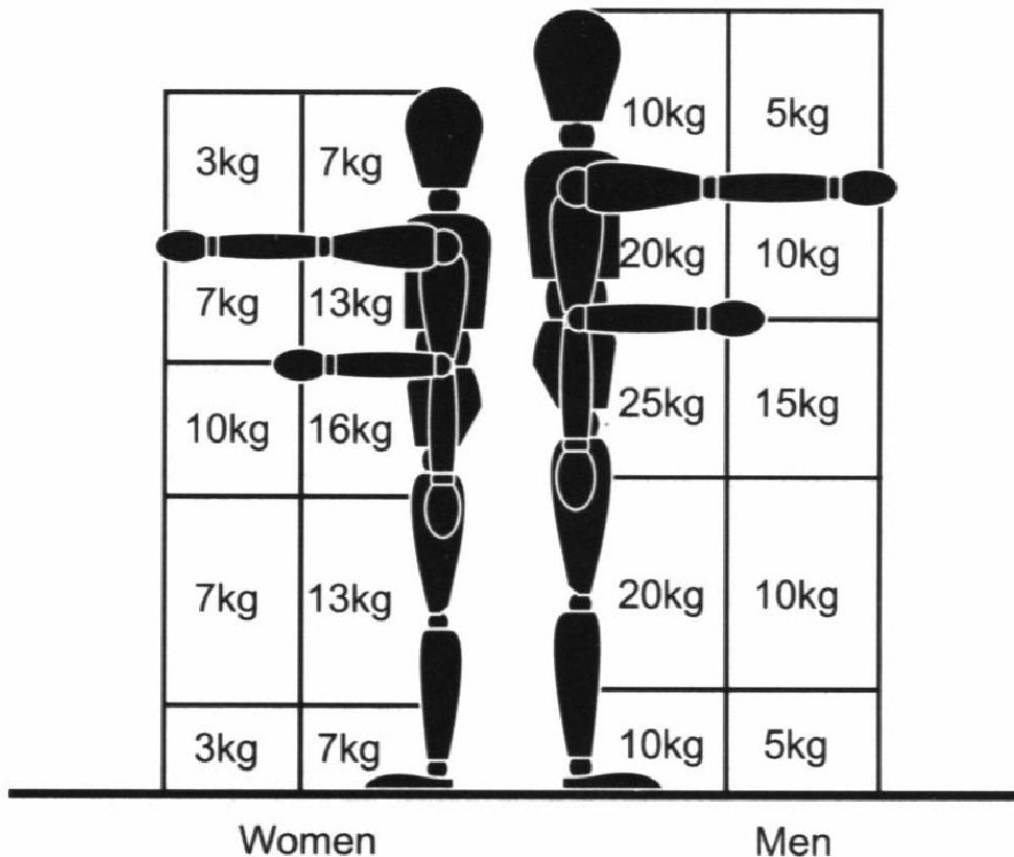
Good handling technique

- Stand reasonably 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
- Breathe in before lifting as this helps to support the spine

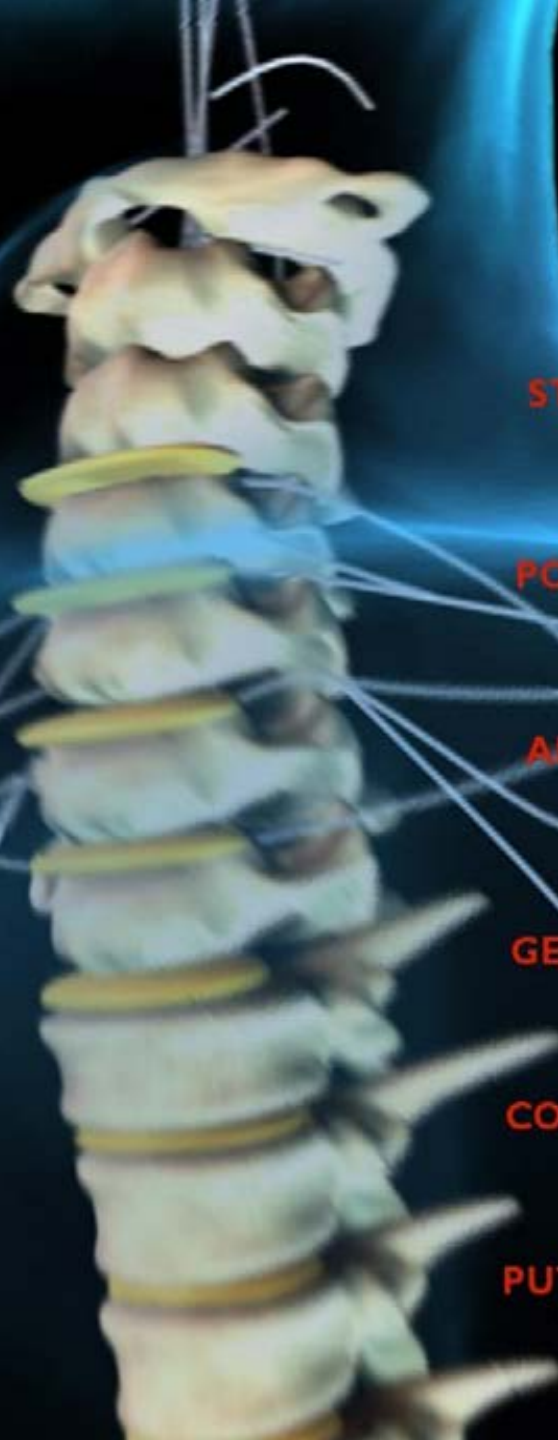
How you would lift an object safely?

- Use good lifting technique, keep your back straight and lift using your legs
- Keep the load close to your body
- Don't carry a load that obscures your vision
- Lift slowly and smoothly
- Avoid jerking 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

HSE recommended maximum lifting loads



MANUAL HANDLING



CRP
GROUP

HIRE SOLUTIONS

STOP & THINK

Plan the lift. Where are you putting down? What you are lifting? Do you need assistance? If handling aids are available, use them! Ensure your intended route is clear.

POSITION FEET

Keep your feet apart with your leading foot pointing in the direction of intended travel. This gives you a balanced and stable base for lifting.

ADOPT GOOD POSTURE

Bend your knees, not your back. Bring the load close to your body, keep shoulders level and facing in the same direction as your hips, avoid twisting.

GET A FIRM GRIP

This enables you to be in control of the load that you are handling. Wear gloves where applicable.

COMMENCE THE LIFT

Lift smoothly raising your chin as you begin the lift, keep control of the load, let your legs take the weight.

PUTTING DOWN THE LOAD

If precise positioning of the load is necessary, put it down first, then slide it into the desired position.