



BEESWIFT
FOCUSED ON SAFETY

Product Code

CM1306

Available in Sizes

ONE SIZE

Available in Colours

White
CM1306

DATASHEET

Click Medical Safe Manual Handling Poster



- User friendly text and clear instructions show employees how to prevent accidents and injury whilst maintaining a healthy working environment
- Durable laminated construction with full colour illustrations
- Compiled by qualified health and safety practitioners
- Size 59 x 42cm (A2 Paper size)

Safe Manual Handling

INTRODUCTION

LEGISLATION
The Health and Safety (Manual Handling Operations) Regulations 1992 (SI 1992/2797) require employers to assess the risk of injury to their employees from manual handling tasks. These regulations are designed to protect employees from injury and to ensure that employers take appropriate measures to prevent such injuries.

TYPES OF INJURY
The back is a source of injury with a high incidence of low back pain. There are ligaments and muscles which support the spine. There is a protective mechanism to warn you about potential harm to the back.

The types of injury that occur are:

1. Strain, back ache and muscle pain.
2. Sprains, cuts and lacerations, fractures and intervertebral disc rupture.

Anywhere in the musculo-skeletal system can be injured.

RISK ASSESSMENT

The purpose of a risk assessment is to identify hazardous activities by looking at the task, individual, load and the environment. Risk factors which may be harmful to the person, to look at the working conditions and to decide a further intervention are necessary.

The person carrying out the assessment should be:

1. Familiar with the Department of Health and Safety of Work Regulations 1991, The Manual Handling Operations Regulations 1992 (SI 1992/2797) and any amendments or updates.
2. Familiar with the processes being carried out.
3. Competent to carry out the task.

TASK
The whole task should be looked at. Think the following to the end. **Sum up** these aspects into the conditions:
 • Is it necessary?
 • Can the weight of the lift be made less?
 • Can the frequency of lifts be reduced?
 • Can the frequency of lifts be reduced?
 • Can the frequency of lifts be reduced?
 • Can the frequency of lifts be reduced?

LOAD
 • Is it an awkward shape?
 • Can the load itself be made as light as possible?
 • Are there handles or aids to the package?
 • Is the load heavy?
 • Is the load awkward e.g. hot, cold, wet, sharp, etc.

ENVIRONMENT
 • Is there enough space?
 • Is it possible to clear the route and avoid any obstacles?
 • Is it any way that the hands may be weary and slip?
 • Are there any other factors?
 • Is the floor slippery?
 • Is the floor uneven?
 • Is the floor uneven?
 • Is the floor uneven?

INDIVIDUAL
 • Is the person fit to carry out the task?
 • Does the person have any medical conditions?
 • Does the person have any previous injuries?
 • Does the person have any previous injuries?
 • Does the person have any previous injuries?
 • Does the person have any previous injuries?

EMPLOYERS DUTIES & EMPLOYEES

EMPLOYERS DUTIES
 1. Assess the likely risk of injury with all manual handling operations occurring in the workplace.
 2. Put in place a safe system of work.
 3. Provide any necessary training.
 4. Provide any necessary training.
 5. Provide any necessary training.
 6. Provide any necessary training.

EMPLOYEES DUTIES
 1. Follow a safe system of work.
 2. Take proper care of equipment provided by the employer for manual handling.
 3. Report any equipment or safety issues to the employer.
 4. Report any equipment or safety issues to the employer.
 5. Report any equipment or safety issues to the employer.

PREVENTING BACK PAIN
 As well as the processes above there are actions that you can take to help prevent back pain. These are:
 1. Keep your back straight when lifting or lowering.
 2. Lift and lower with your legs, not your back.
 3. Avoid twisting and turning while lifting or lowering.
 4. Avoid carrying heavy loads for long periods.
 5. Take regular breaks from manual handling tasks.
 6. Report any equipment or safety issues to the employer.

HANDLING TECHNIQUES

Think - PLAN
 • What am I lifting?
 • What am I lifting?
 • What am I lifting?
 • What am I lifting?

Think - GRIP
 • Does the grip is secure?
 • Are there any handles?
 • Are there any handles?
 • Are there any handles?

Think - FEET
 • Are your feet apart to give you a good balanced position?
 • Are your feet apart to give you a good balanced position?
 • Are your feet apart to give you a good balanced position?

Think - POSTURE
 • Keep the spine in its normal alignment.
 • Bend from the knees but do not rock the feet.
 • Keep shoulders and knees in normal alignment.
 • Keep the shoulders level.

Think - LIFT
 • Lift with your legs, not your back.
 • Lift with your legs, not your back.
 • Lift with your legs, not your back.

