

Free reading General principles of manual handling (PDF)

what is manual handling manual handling is an activity of transporting or supporting a load including lifting pushing pulling carrying throwing and moving objects by hand or bodily force it is a common practice in different industries such as manufacturing construction agriculture and more

as an employer you must protect your workers from the risk of manual handling injuries at work good handling technique is not a substitute for other steps you should take to reduce risk like

let s delve into the world of manual handling by exploring its importance risks and providing practical guidance on how to execute manual handling tasks safely and efficiently understanding manual handling

manual handling is a common activity in many workplaces but it can also pose significant risks to workers health and safety to prevent and reduce the hazards and risks of manual handling you should follow the legal requirements and best practices for manual handling

the term manual handling covers a wide variety of activities including lifting lowering pushing pulling and carrying if any of these tasks are not carried out appropriately there is a risk of injury case study why is manual handling means transporting or supporting a load by hand or bodily force it includes lifting putting down pushing pulling carrying or moving loads a lifting pushing and pulling manual tasks as a person conducting a business or undertaking you have a duty to keep workers and workplaces safe from the risks of manual handling you must assess and manage the risks of manual tasks otherwise workers could develop health conditions called musculoskeletal disorders msd

the iso 11228 series establishes ergonomic recommendations for different dynamic manual handling tasks it provides information for designers employers employees and others involved in work job and product design the iso 11228 series provides information on the evaluation of static postures

manual handling includes movements lifting pushing pulling holding throwing carrying and repetitive tasks packing typing assembling cleaning sorting using tools and machinery unsafe manual handling can lead to sprains and strains soft tissue injuries back problems hernias and chronic pain

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