



## 1 THIRD

of all workplace  
injuries are from  
poor **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.**



## ALWAYS TAKE INTO ACCOUNT:

**Individual Capability**

**The nature of the load**

**Environmental Conditions**

**Training**

**Work Organisation**



## CAN YOU FIRSTLY..



## KEEP IT SIMPLE



**Reduce the amount of twisting, stooping and reaching?**

**Avoid lifting from floor level or above shoulder height?**

**Adjust storage areas to minimise the need to carry out such movements?**

**Consider how you can minimise carrying distances**

**Break down a heavier load to a few smaller loads?**

**Consider whether you can use a lifting aid, such as a forklift truck, electric or hand-powered hoist, or a conveyor..**



## SIMPLE MEASURES TO TAKE:

**Remove obstructions from the route**

**For a long lift, plan to rest the load midway.**

**Keep the heaviest side of the load next to the body**

**Adopt a stable position.**

**Feet are apart, one leg slightly forward to maintain balance**



## HSE GUIDANCE:



Women

Men

Shoulder height	3 kg	7 kg	10 kg	5 kg
Elbow height	7 kg	13 kg	20 kg	10 kg
Knuckle height	10 kg	16 kg	25 kg	15 kg
Mid lower leg height	7 kg	13 kg	20 kg	10 kg
	3 kg	7 kg	10 kg	5 kg

**How can you get injured from Manual Handling?**

**How can you protect yourself from injury?**

**List 2 things you can do to minimize the risk of injury?**

**Do you have any questions?**

