

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

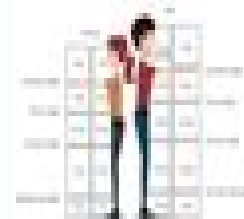
The Regulations require employers to...

- Avoid the need for manual handling
- Assess the risk of injury from repetitive manual handling activities that cannot be avoided
- Reduce the risk of injury from repetitive manual handling activities

Manual Handling risk assessment

- It is an essential task a competent person who is familiar with the legal requirements

Guidance weights are available



Assessing and reducing manual handling risks

The risk is determined by handling from the activities that the '50' percent of the population can undertake on a job.

- The lifting frequency
- The horizontal capacity of those involved
- The control used
- The working environment (e.g. wind, air, and lighting) and the control used

With the Manual Handling assessment tool, you can also find out:

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

What is the task?

- What is the task?
- How often is the task repeated?
- How long does the task take?
- How often is the task repeated?



Step 2

What is the risk to the person?

- How often is the task repeated?
- How long does the task take?
- How often is the task repeated?



Step 3

What is the risk to the person?

- How often is the task repeated?
- How long does the task take?
- How often is the task repeated?



Step 4

What is the risk to the person?

- How often is the task repeated?
- How long does the task take?
- How often is the task repeated?



Step 5

What is the risk to the person?

- How often is the task repeated?
- How long does the task take?
- How often is the task repeated?



Case Study Manual Handling

**William Robert Askew, Carl Joseph
Vosloh, Valentine John Brensike**

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An Assessment of Manual Handling Hazards at a Mechanical Workshop. A Case Study of National Railways of Zimbabwe, Bulawayo Charles Mutshakambi, 2019-12-19 Diploma Thesis from the year 2019 in the subject Engineering Safety Engineering course Occupational Safety Health and Environmental Management language English abstract This study assessed the manual handling hazards at the NRZ mechanical workshop in Bulawayo The objectives of the research were the identification of MH hazards determine the level of awareness of workers on manual handling issues and assessment of the control measures put in place at the organisation to deal with manual handling issues The researcher adopted a case study research design while incorporating both qualitative and quantitative approaches Five workshops were only selected namely Wagon Fitting Machine Foundry and Carriage resulting in a sample of 153 questionnaire respondents which were distributed in a randomly Key informants who were interviewed was the SHE practitioner nurse in charge and workshop foremen More data was also gathered from relevant secondary data sources as well as from field observations The Statistical Package for Social Sciences SPSS was used to analyse data and specifically using the Chi Square test to establish correlations The result indicated that the majority of the respondents are not aware of manual handling as revealed by the 73% of the respondents who indicated that they are not aware of manual handling A number of manual handling hazards were identified which comprise of awkward postures repetitive movements and vibration exposure which result in a number of injuries which are known as musculoskeletal disorders which encompass cuts muscle strain sprains chronic pain and minor injuries The research also noted that the measures which are put in place by management in dealing with manual handling are not effective as they lack strategic action thereby limiting the success of the measures It was finally concluded that there is need to consider ergonomic interventions in the day to day operations of the company in order to reduce work related risk factors and injuries which come as a result of manual handling Recommendations were also forwarded to the nation and company on how to address manual handling issues

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Handbook of Construction Safety, Health and Well-being in the Industry 4.0 Era Patrick Manu, Gao Shang, Paulo Jorge Silva Bartolo, Valerie Francis, Anil Sawhney, 2023-05-12 This Handbook seeks to examine and advance current understanding of the confluence of construction health safety and well being and the broad range of Industry 4.0 technologies in use in the architecture engineering and construction AEC industry Globally the construction sector accounts for more than 100 000 occupational fatalities annually In many countries reports of work related accidents injuries and illnesses are commonplace and there is an urgent need to improve the occupational safety and health OSH outlook of the construction sector The fourth industrial revolution presents opportunities to leverage modern technologies e.g. big data artificial intelligence automation sensors AR VR and robotics to improve the poor OSH performance of the construction industry However embracing such technologies could also induce unintended adverse consequences for the safety health and well being of construction workers Therefore the realisation of the opportunities as well as the mitigation of potentially adverse consequences requires research informed holistic insights around the union of Industry 4.0 and construction occupational safety and health management This cutting edge volume addresses a significant gap in literature by bringing together experienced academics and researchers to highlight the drivers opportunities and drawbacks of the merging of Industry 4.0 with construction health safety and well being After a detailed introductory section which highlights key issues and challenges section one covers the application of a broad range of digital technologies then section two discusses the application of industrial production and cyber physical systems in the context of construction safety and health management Readers from a broad range of AEC backgrounds as well as safety professionals and technologists will come to understand how the technologies are applied and the resulting OSH benefits as well as potential drawbacks

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