

## Safer Manual Handling

Lifting and moving loads manually is one of the most common causes of injury in the workplace.

There is no truly "safe" weight limit for manual handling operations so you should always try to find alternatives.



If you have to manually handle loads then always consider:

**Task** – how often, how much twisting or bending is needed

**Individual** - think about the persons capabilities. People differ so it cant be prescriptive or for one size fitting for all.

**Load** – how heavy is it, is there good grip, is weight evenly distributed, is it bulky?

**Environment** – is the area hot, cold, is there uneven flooring, stairs to manoeuvre or winds to contend with.

Remember

# T I L E

Always think about loads and how they are delivered.

If possible can smaller unit weights be purchased so they can be more easily handled, or

Order the materials in such a large unit weight that they can only be handled mechanically.

Plan your route if possible, ensuring obstructions are removed and build in intermediate resting points if necessary

And when lifting remember to-

**Use your inside base** – bring the load into you, its safer and easier.

**Big Engines** – let your legs take the load, the biggest muscles in the body.

**Turn not twist** – protect your back, twisting your torso will put greater pressure on it.

**Dip n drive** – don't pull a load, dipping and driving will naturally make use of the Big Engines!



# Protect yourself and others! Stay safe!