
Manual Handling Training



**BMCD
SAFETY
TRAINING**

By BMCD Safety Training Ireland

Introduction

Lower back pain affects approximately 80% of the population at some stage in their lives.

Health care costs and the cost of sick leave and early retirement because of back pain are estimated at €800 million.

Manual handling training is required in the workplace by law; however, this training can apply to more than just our workplaces. Learning the correct lifting techniques and remembering to use them can also have an impact on our leisure activities and our everyday lives.

The Health & Safety Authority state that approximately one-third of all injuries reported to them arise from manual handling. It also states that these injuries often lead to chronic illness and disability.

Introduction

A number of factors contribute to back pain, including poor posture, incorrect lifting techniques, heavy physical work, repetitious lifting work and work that involves frequent bending, twisting, lifting and pulling.

Manual handling training in the workplace teaches us the importance of using the correct techniques as well as the need to consider relevant factors such as load weight and load stability when undertaking simple tasks.

All incorrect lifting techniques are bad habits that we develop in later life, for as very small children we all naturally lift correctly and without risk of injury.

As adults, we now need to learn how to lift correctly in order to preserve our backs and prevent injury.

Unit 1

Safety Legislation

Safety, Health and Welfare at Work Act, 2005 and Part 2, Chapter 4. Regulations 68, 69 and Schedule 3 of the Safety, Health and Welfare at Work Act (General Application) Regulations 2007 [S.I. 299 of 2007] apply to manual handling in the workplace.

Health and Welfare at Work Act (General Application)

Regulations 2007 [S.I. 299 of 2007]

The regulations require: that manual handling risk assessments be made for job tasks that require manual handling. The risk assessment will highlight whether or not the manual handling task may be eliminated completely or its scope reduced.

Tasks that may involve the use of manual handling should be planned and organised to facilitate the use of mechanical aids or other means to avoid or reduce the use of manual handling. If you see a better way of conducting a task which avoids or reduces the need for manual handling always consult your supervisor, safety representative/advisor or your employer. Instruction and training must be provided to all personnel.

According to the regulations the definition of “manual handling of loads” is any transporting or supporting of a load by one or more employees, including lifting, putting down, pushing, pulling, carrying or moving of a load, which, by reason of its characteristics or of unfavourable ergonomic conditions, involves risk, particularly of back injury, to employees.

Employers Duty of Care

Under common law the employer has a duty of care to employees to provide:

© A safe place of work: an employer must ensure that the workplace and the environment of work are reasonably safe for the employee (e.g. access and egress);

© Safe plant and equipment: an employer must ensure that the plant and equipment provided are safe and must also ensure that plant and equipment are maintained (e.g. inspection, tests must be undertaken as per manufacturer's recommendations);

© Safe systems of work: an employer must ensure the system of work (the way in which work is done) is safe. Therefore work must be planned and organised;

© Safe people: an employer must ensure that all people/employees are aware of their duties in relation to the safety, health and welfare of their colleagues (i.e. employees through their acts or omissions must not compromise the safety of their colleagues (e.g. by horseplay)).

Employers Duty of Care

Often manual handling cannot be avoided: therefore employers must look at measures to reduce the risk involved in the manual handling of loads. They must consider risk factors (specified later), vulnerable groups of employees, and employee capabilities. If it is possible to do so, employers should provide precise information about weight of each load and the centre of gravity of the heaviest side. Also, employers must provide and organise workstations that make handling work as safe and healthy as possible.

Injuries caused by manual handling account for roughly one third of accident reported annually to the Health & Safety Authority.

(www.hse.ie)

Employees Duty of Care

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Materials

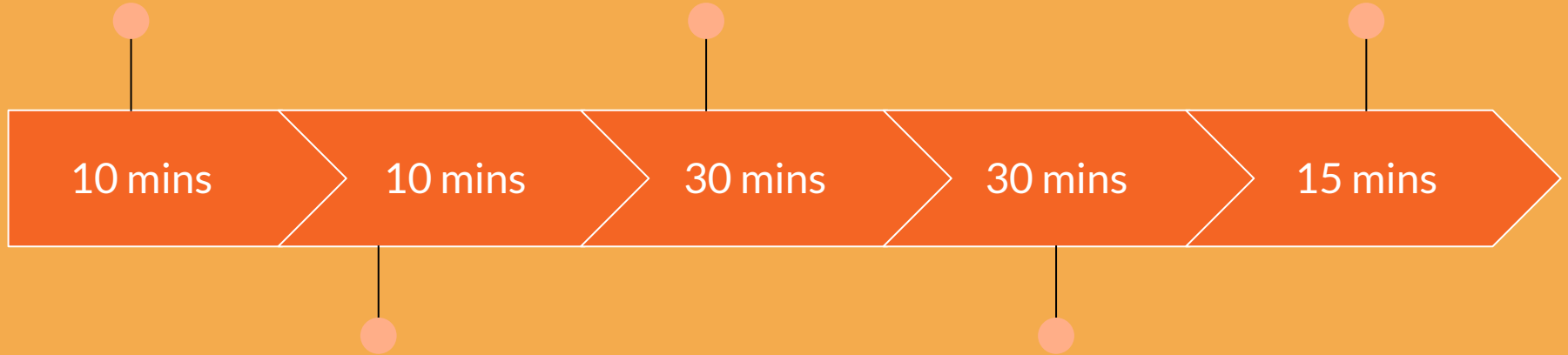
- Item 1
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- Item 3
- Item 4
- Item 5

Procedure

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Homework

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