Year 11 Transition Construction Manual Handling

Bishop Auckland College

CC1001K

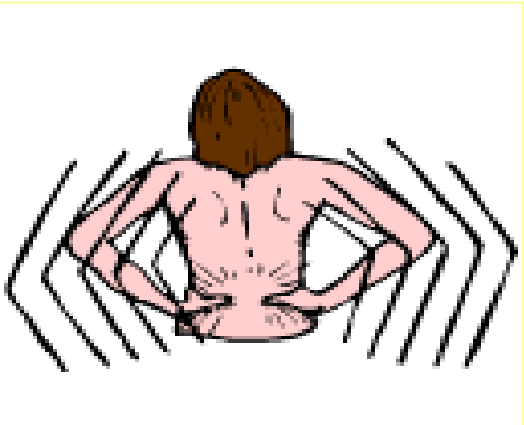
Manual Handling.

What is Manual Handling?

Manual handling means lifting and moving a piece of equipment or material from one place to another without using machinery.

Lifting and moving loads by hand is one of the most common causes of injury at work. Most injuries caused by manual handling result from years of lifting items that are too heavy, are awkward shapes or sizes, or from using the wrong technique.

However, it is also possible to cause a lifetime of back pain with just one single lift.



Poor manual handling can cause injuries such as muscle strain, pulled ligaments and hernias.

The most common injury by far is spinal injury.

Spinal injuries are very serious because there is very little that doctors can do to correct them and, in extreme cases, workers have been left paralysed.

The Manual Handling Operations Regulations 1992

These regulations cover all work activities in which a person does the lifting rather than a machine.

They state that, wherever possible, manual handling should be avoided, but where this is unavoidable, a risk assessment should be done.

The Manual Handling Operations Regulations 1992

Employer's duties:

- assess unavoidable manual handling operations
- avoid hazardous manual handling
- seek alternative work methods
- reduce risks of injury
- staff training
- revised safe systems of work

The Manual Handling Operations Regulations 1992

Employee's duties:

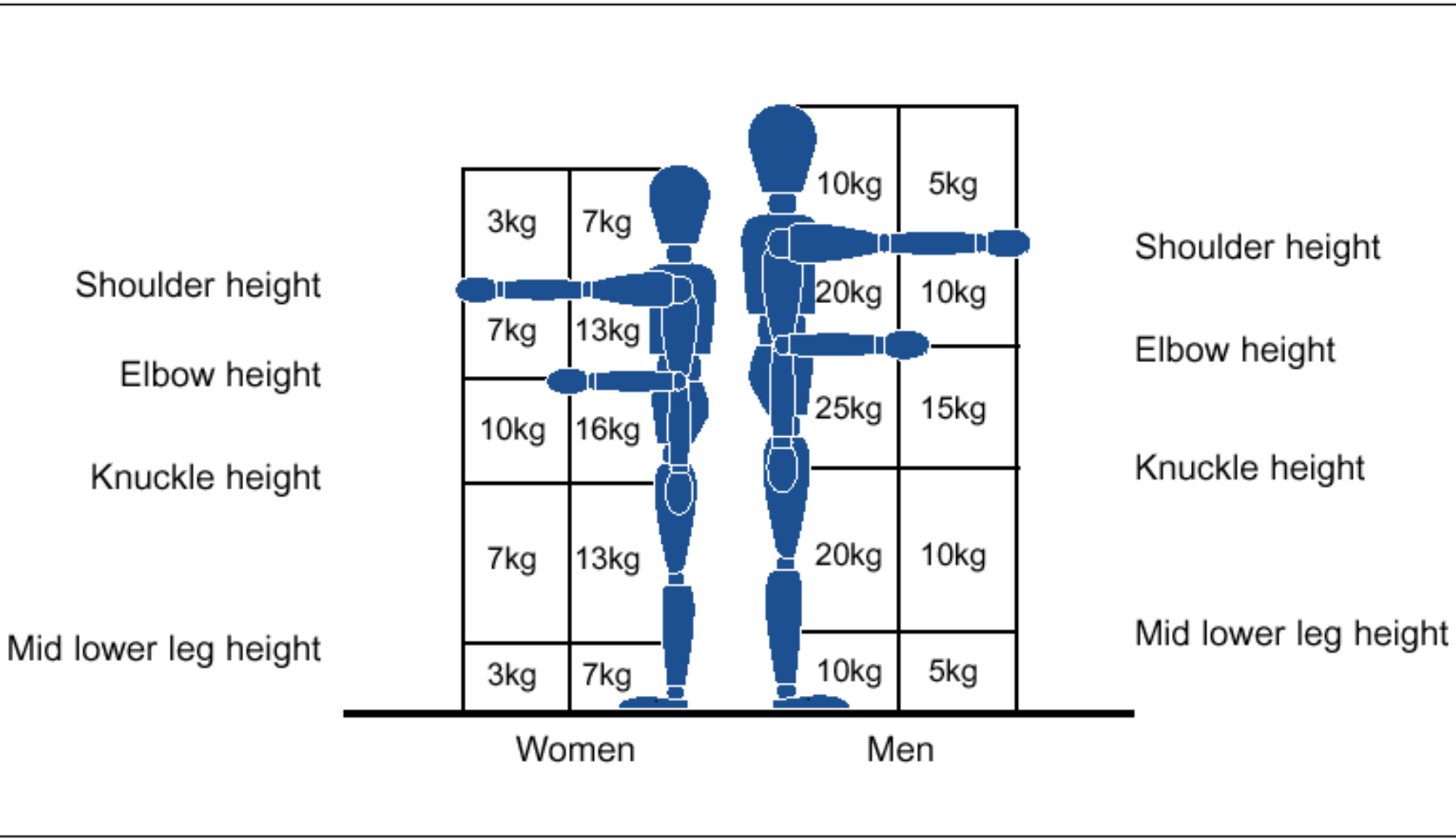
- compliance and co-operation

What can you lift?

It will vary according to:

- your personal physique
- your age, fitness and experience
- the nature of the load
- the techniques to be employed

What can you lift?



What you can do to avoid injury

The first and most important thing you can do to avoid injury from lifting is to receive proper manual handling training.

Kinetic lifting is a way of lifting objects that reduces the chance of injury.

Can anyone describe the Kinetic lifting method?

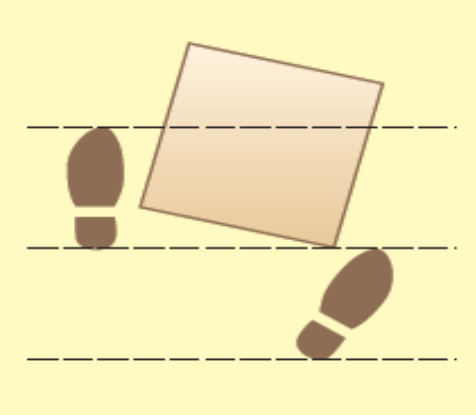
When preparing to lift, consider:

- Is there any other way of moving it
- What has to be moved, weight, size, shape?
- How far?
- Is the route clear?
- Can it be safely handled by one person?
- Will assistance be required?
- Can the load be broken down?

kinetic lifting

Step 1

Feet shoulder width apart with one foot slightly in front of the other.



kinetic lifting

Step 2

- knees should be bent
- back must be straight
- arms should be as close to the body as possible
- grip must be firm using the whole hand and not just the finger tips.

kinetic lifting

Step 3

- adopt the correct posture
- lift the load using your legs and not your back.
- pull the load close to your body

kinetic lifting

Step 4

- Move slowly with the load
- Even light loads can cause back problems so when lifting anything, always take care to avoid twisting or stretching

kinetic lifting

Step 5

- bend at the knees, not the back
- adjust the load to avoid trapping fingers
- release the load.

Precautions.

- If you need to adjust your grip place the object down first.
- Always use the correct PPE for the task. E.g. Boots, Gloves, Goggles, Dust mask.

Team lifting

Co-ordinate activity:

- one person giving directions
- directions agreed before lift
- Use properly designed lifting aids where appropriate
- similar height/build
- Ensure a balanced lift:

Problems Arising From Poor Lifting Techniques

- Personal injury
- Long term damage to self
- Loss of earning
- Damage to materials
- Loss of manpower to company
- Outside investigations from governing bodies, HSE etc.

Lifting aids available

Hiab crane

Lifting aids available

Forklift truck

Lifting aids available

JCB’s and Mini Diggers

Lifting aids available

Wheelbarrows and Trolleys

Lifting aids available

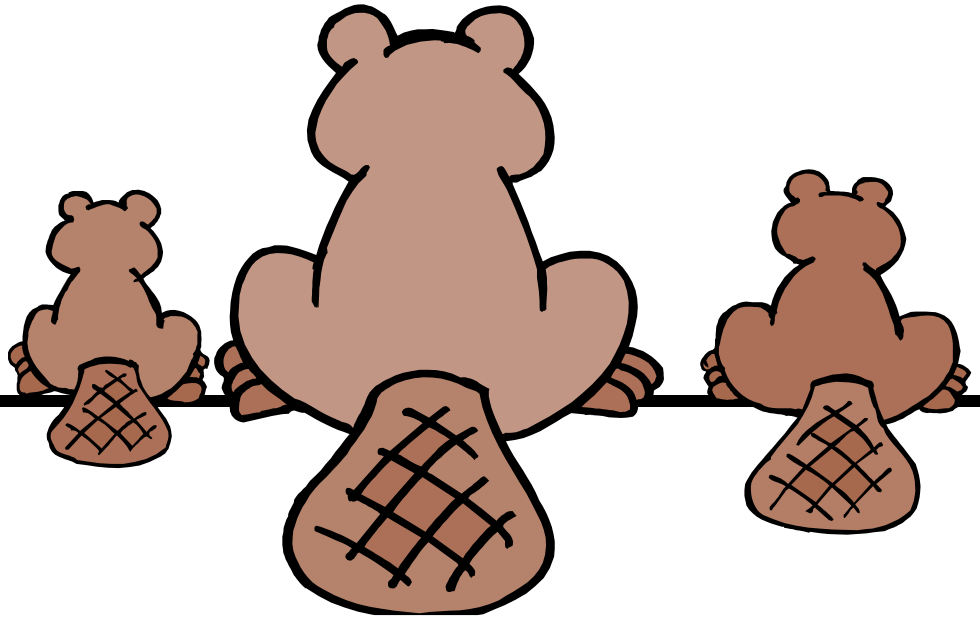
Brick tongs and Hod

Kinetic lifting summary

- Plan the route, the lift and the set down point
- Position your feet - bent knees, straight back
- Firm grip, lift smoothly,
- Move the feet – do not twist body
- Keep the load close to the body
- Put down smoothly – then adjust for final position

Think!

- You've carefully thought out all the angles.
- You've done it a thousand times.
- It comes naturally to you.
- You know what you're doing, its what you've been trained to do.
- Nothing could possibly go wrong, right ?



No beavers were actually injured during the making of this PowerPoint presentation!