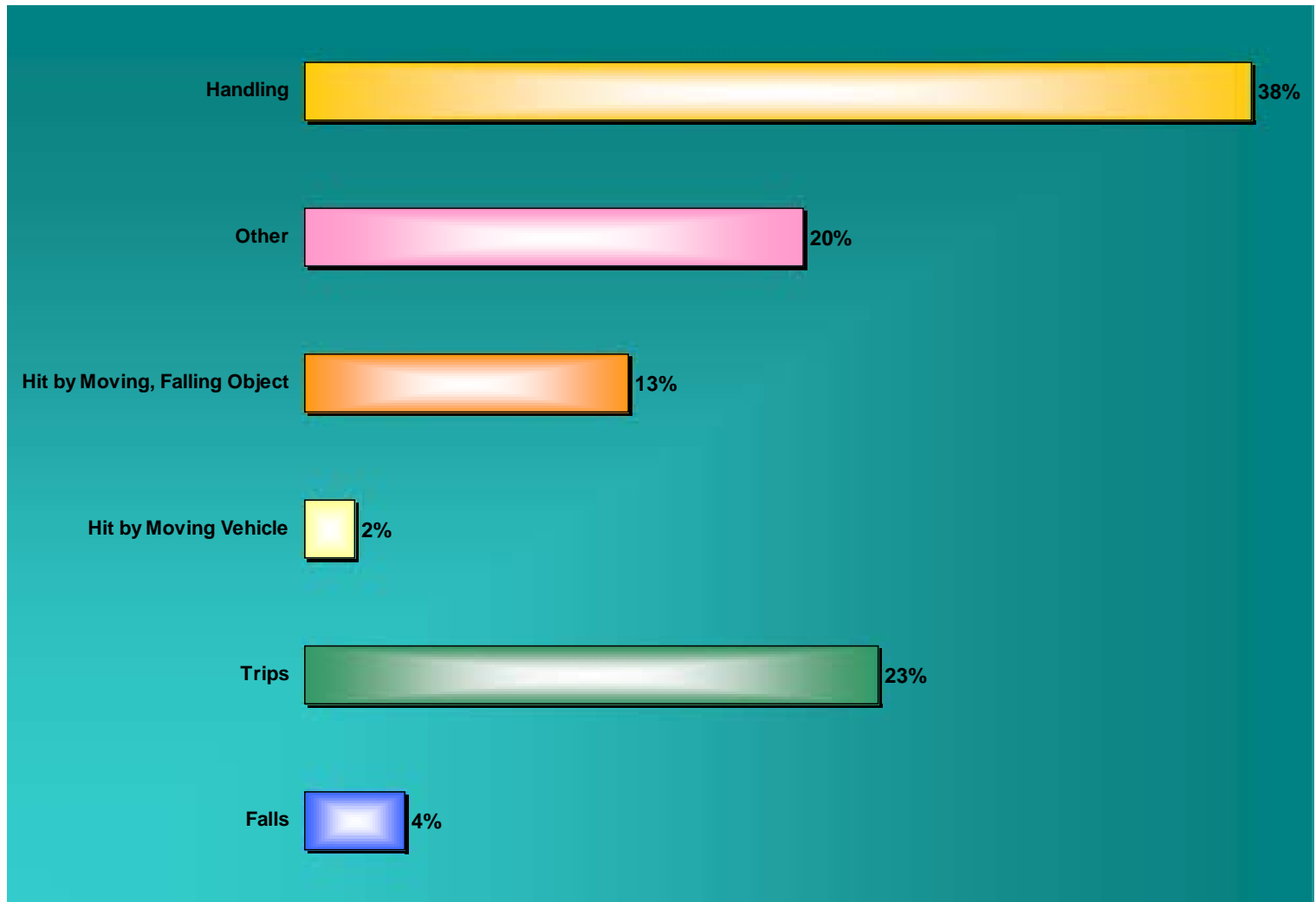


Don't Get in a Twist Over Manual Handling



Presented By:
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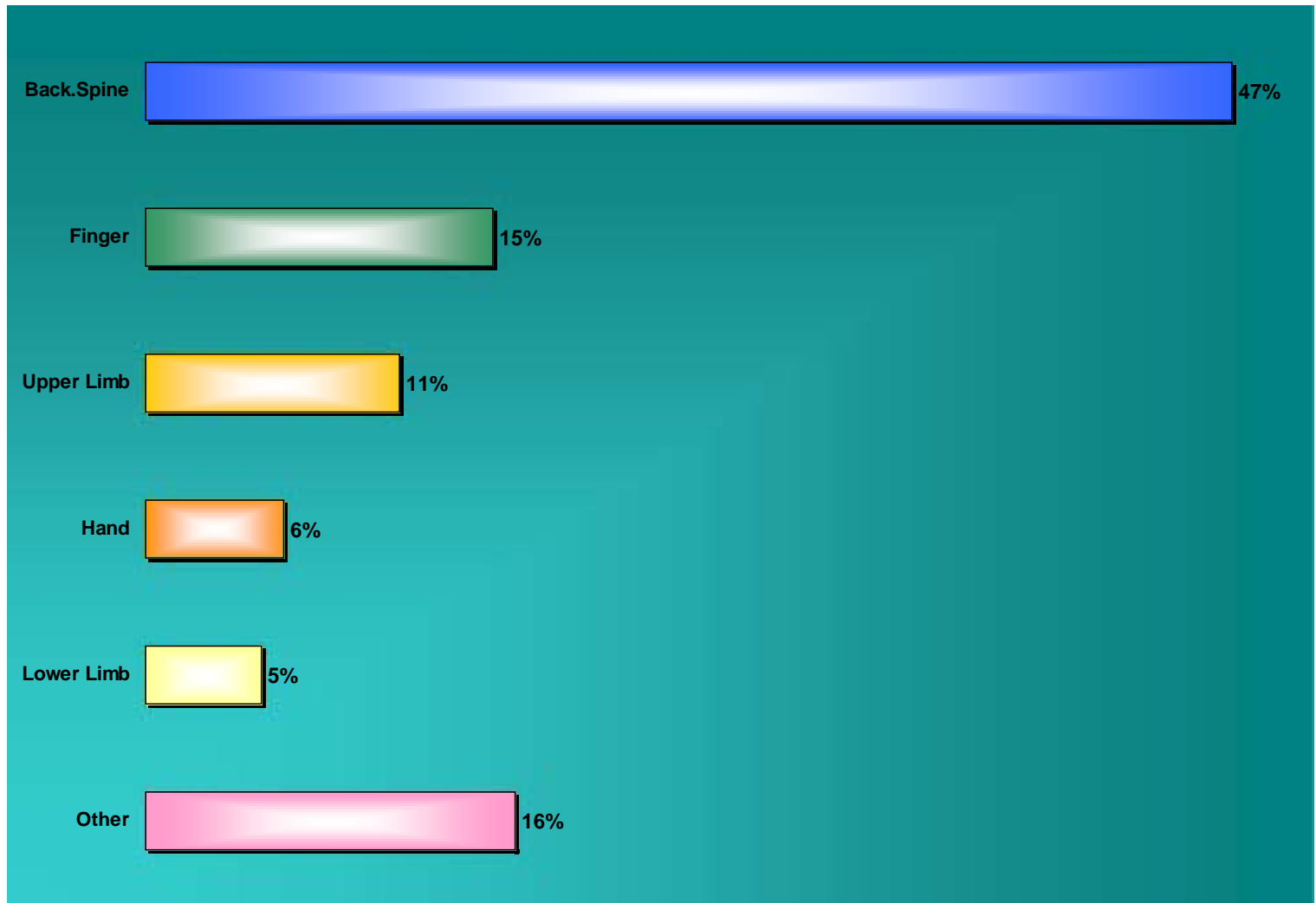
Introduction



Introduction



Introduction



Manual Handling Injuries

1. Traumatic Injuries

- Fractures
- Dislocations
- Strains
- Whiplash

2. Cumulative Injuries

- Prolapsed intervertebral discs

3. Fatigue

4. Degenerative Conditions

5. Psychological Conditions

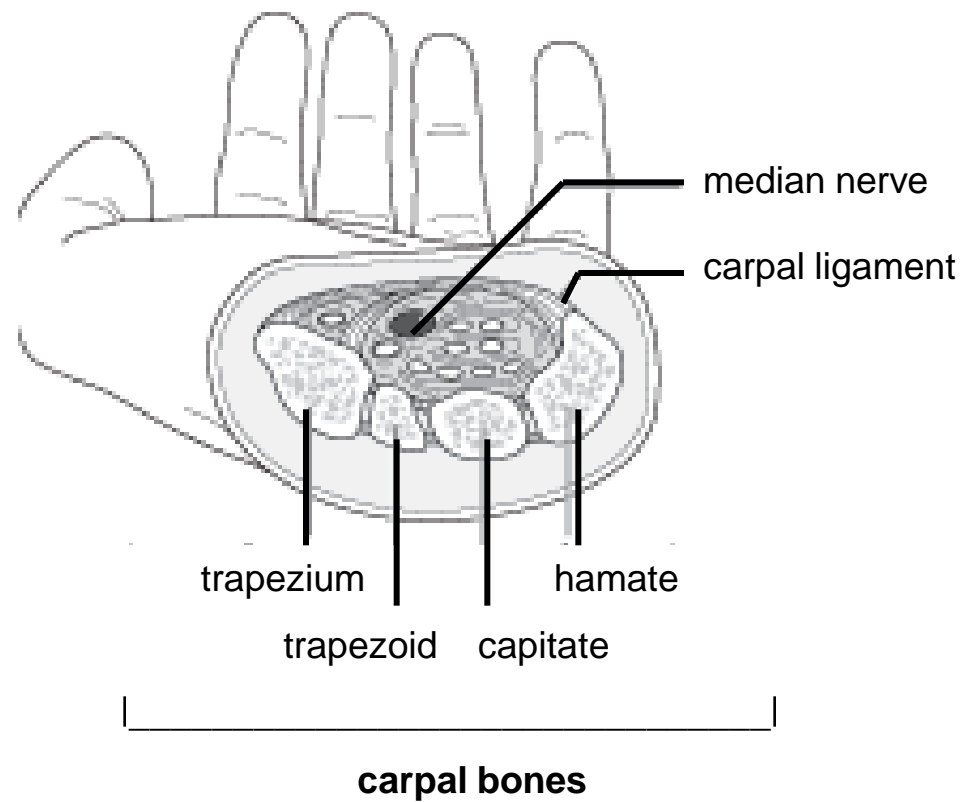


Other Manual Handling Injuries

- Hernias
- Fractures
- Sprains
- Strains
- Lacerations
- Work Related Upper Limb Disorder (WRULD)
 - Carpal Tunnel Syndrome
 - Tenosynovitis
 - Tendinitis
 - Bursitis



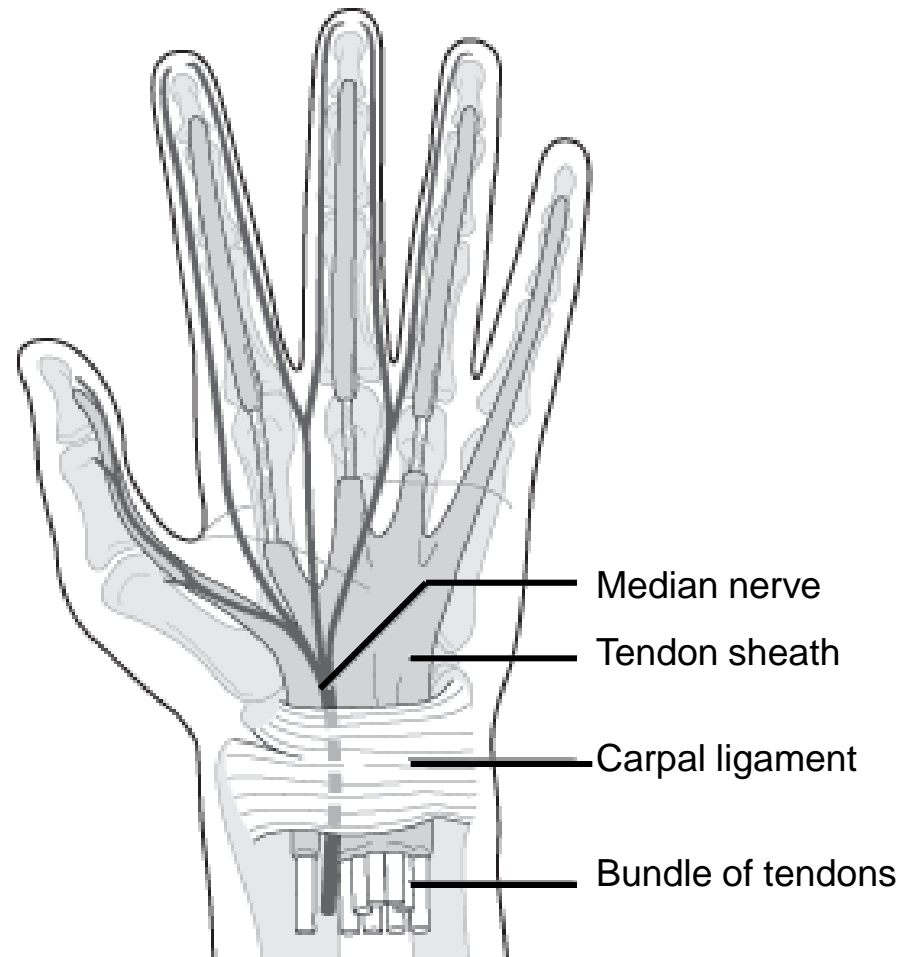
Carpal Tunnel Syndrome



Carpal Tunnel Syndrome



Tenosynovitis



Health & Safety Law

In England and Wales there are two main branches of law with regard to health and safety.

- Civil Law
- Criminal Law



Health & Safety at Work Act 1974

Section 2

It is the duty of every employer to ensure, so far as is reasonably practicable, the health, safety, welfare at work of all his employees. An employer must do this by providing:-

- a. Provision and maintenance of safe plant and safe systems of work
- b. The safe use, handling, storage and transport of articles and substances
- c. Provision of necessary information, instruction, training and supervision
- d. A safe place of work including safe access and egress
- e. A safe working environment and adequate welfare facilities



Section 7

It is the duty of every employee whilst at work to take reasonable care for the health and safety of himself and to co-operate with his employer so far as is necessary to enable them to carry out their statutory duty.

Section 8

No person shall recklessly interfere or wilfully misuse anything provided in the interests of health and safety and welfare.



Manual Handling Operations Regulations 1992

These Regulations were introduced on January 1st 1993 to satisfy the requirements of a European Directive on Manual Handling, but may also be considered to be an expansion of Section 2(2)(b) of the Health and Safety at Work etc Act 1974. The Regulations themselves are relatively straightforward, but due to the amount of interpretation required, they are supported by detailed Guidance Notes.

The Regulations established a clear hierarchy of measures including:

- Avoiding manual handling operations as far as is reasonably practicable;
- Making a suitable and sufficient assessment of hazardous operations that cannot be avoided;
- Reducing the risk of injury so far as is reasonably practicable by giving consideration to the provision of mechanical assistance.

The requirements of individual Regulations are as follows:

Reg 2: Definitions

Manual Handling Operations covers the transporting or supporting of a load using hand or bodily force, including lifting, lowering, pushing and pulling operations. The Guidance Note defines load as a discrete moveable object and includes human patients, animals undergoing veterinary treatment and material being lifted on a shovel or fork.



Manual Handling Operations Regulations 1992

Reg 4: Duties of Employers

Avoidance of manual handling:

Reg 4(1)(a)

As far as is reasonably practicable avoid the need for employees to undertake manual handling operations which involve a risk of their being injured.

Assessment of risk

Reg 4(1)(b)(i)

Where manual handling cannot be avoided the employer must make a suitable and sufficient assessment of all normal handling operations.

There is a schedule which specifies factors which must be considered when conducting an assessment. These are:

- The tasks
- The loads
- The working environment
- Individual capability
- Other factors

Manual Handling Operations Regulations 1992

Reg 4 (1)(b)(ii)

Where it is not reasonably practicable to avoid employees being exposed to risk from manual handling operations, then the employer must take appropriate steps to reduce the risk to the lowest level reasonably practicable.

Reg 4 (1)(b)(iii)

Where a risk remains the employer shall provide employee with general indications and where reasonably practicable the weight of each load and the heaviest side of any load.

Reg 5: Duty of Employees

Each employee shall make proper use of systems of work provided for his/her use by the employer.



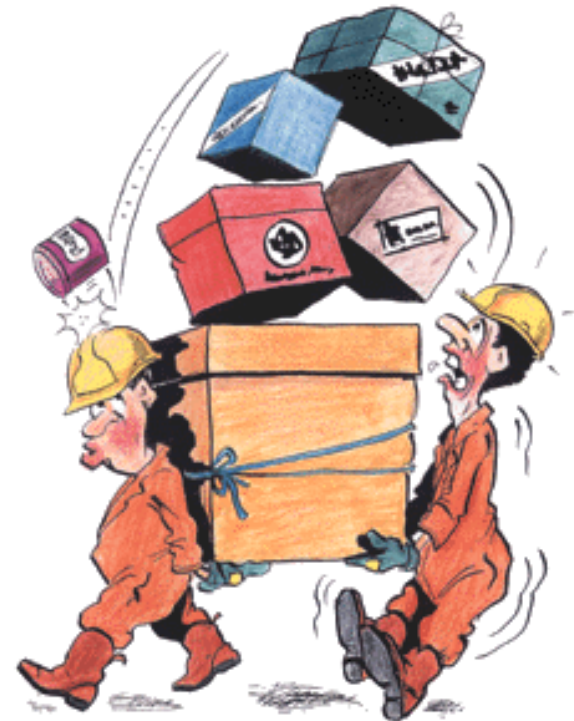
Base Movement

Base Movement

When attempting to lift a load, the old advice “never put your body where your mind hasn’t been before” is applicable. Too many accidents are caused by a reflex action, or a lack of thought on the part of the handler. A simplified version of the TILE risk assessment should be quickly performed by any handler before attempting a lift:

- Task:**
- Is it necessary?
 - Can I leave it where it is?
 - Can I use mechanical aids instead?
 - Is it achievable by manual means?

- Individual:**
- Is it within my capability?
 - Am I adequately dressed for this?
 - Do I need assistance from others?



Base Movement

Load: Is it too large for me to control?
Is it hot, sharp, dirty or otherwise damaging?
Are there any visible warnings on the packaging? (The assessment of weight cannot be performed at this stage; even weights specified on the packaging should be treated with caution.)

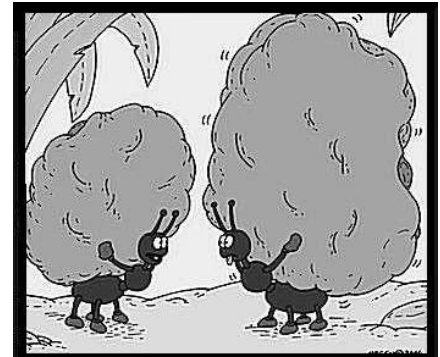
Environment: Can I get where I want to go?
Are there obstacles in the path?
Do I have to go up or down stairs?
Do I need to open doors first?



In Summary

In summary then, the main stages in executing a successful base movement are:

- Visual assessment of the load, area and self
- Correct foot positioning
- Correct handler positioning relative to the load
- Unlocking of the knees to sink down towards the load
- Physical assessment of the load by rocking
- Using the correct grip and hand position to grasp the load
- Holding a small breath
- Raising the head and straightening the legs
- Keeping the load clear of the legs and close to the body



I hurt my back last week, so I've been put on "light duty" for a couple of weeks

The whole procedure should be executed in one long smooth flowing movement, notwithstanding the fact that it has been described as a series of discrete stages. If at any point the handler feels uncomfortable or out of position, then he should stop, reposition, and try again. Pressing on regardless is rarely, if ever, the correct strategy.