

Manual Handling

Pocket guide



A journey to competence

Industry Perspective

- Construction accounts for about **5%** of employees in the UK but also for **31%** of UK fatal accidents
- Across the construction industry as a whole: an estimated **2.3 million** working days were lost in 2013/14
- According to the HSE in 2013/14 an estimated **909,000** working days were lost due to handling injuries
- This HSE statistics break down to show that an average of **6.6 days** were lost for each manual handling injury
- The HSE further states that manual handling causes **over a third** of all workplace injuries
- In fact their studies show that back pain caused by manual handling incidents is currently affecting one million people a year and costing society **£5.7 billion**.

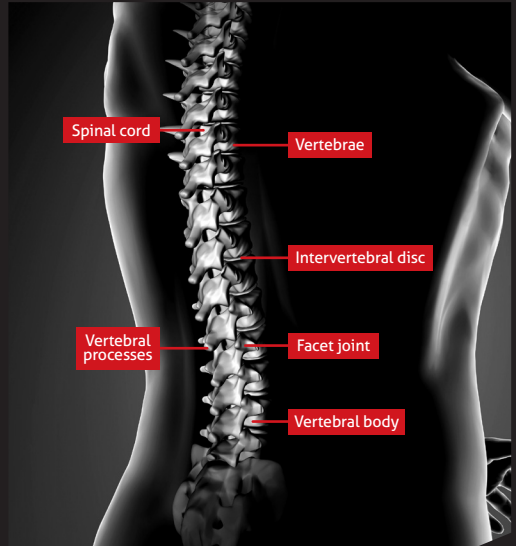
Competence is skills, knowledge AND behaviour

Most accidents are caused by people and competence can be improved with a little more thought in three areas:

- **Self-awareness:** where operatives consider themselves and their personal role in the process
- **Situational awareness:** where the unexpected is considered, for example, when working in unfamiliar surroundings
- **Risk awareness:** which requires a broader appreciation of risk beyond standard assessment

The spine

- The human spine has three main jobs:
 - To transfer the weight of your head and trunk onto your pelvis
 - To act as a 'shock absorber'
 - To protect the spinal cord
- The spine has a natural 'S' shape – anything we do that disturbs this shape e.g. lifting heavy or awkward loads, runs the risk of damaging the spine.



Three-stage risk assessment

'Hierarchy of control'

Risk assessment is a legal requirement.

The HSE suggests a single approach to risk assessment based on a three-stage 'hierarchy of control': avoid, prevent, minimise.

Your risk assessment should include a written method statement approved by your supervisor.

1. Avoid

Try to avoid moving the object in the first place e.g. getting the load delivered close to the workplace.



2. Prevent

If you have to move the load, do everything possible to prevent injury e.g. by using manual handling aids.



3. Minimise

If you have to handle the load manually, you must minimise the risk of injury by manoeuvring the load correctly.



How to prevent injury and improve productivity



1. Hi Tipped Tracked Skip Loader 2. Skoots 3. Board Trolley and Panel Lifter 4. 4x4 Mini Dumper
5. Brick and Block Cart 6. Powered Stair Climber 7. Conveyor System 8. Material Lifts

What can cause back damage

The seven deadly sins

Over 207,000 people suffer from back pain caused or made worse by work*

1. Lifting a load incorrectly



e.g. manhole covers

2. Lowering



e.g. laying kerb stones

3. Carrying a load



e.g. cement bags

4. Pushing



e.g. loads of aggregate

5. Pulling



e.g. blocks and slabs

6. Twisting



e.g. handling and positioning plasterboard

7. Holding



e.g. supporting a load when fixing into position

Take care of your back

If you have no alternative to manual handling you must minimise the risk of injury by lifting or manoeuvring the load correctly.

Think through your approach carefully. Try to make it as easy as possible e.g. break the load down into the smallest parts. Use the appropriate PPE e.g. protective gloves and adopt the correct lifting techniques.

1



Adopt a stable position.

2



Bend your knees.

3



Ensure a good hold.

4



Lift smoothly.

5



Walk steadily.

6



Lower the load carefully.

Call 0345 609 9998

Email safety@speedyservices.com

Click [speedyservices.com/intelligentsafety](https://www.speedyservices.com/intelligentsafety)

