



Manual Handling / Lifting

Manual handling is the second most common cause of injury at work.

Manual handling is the transportations or support of a load by hand or bodily force. It includes lifting, lowering, pushing, pulling, moving and carrying a load

Manual handling of slings

An individual was asked to bring 2 transit slings to the worksite.

The individual lifted both slings, bundled together on his shoulder.

After walking 10 – 15 feet he felt a sharp pain in his back.

The individual was in so much pain he was unable to move any further and was taken to the sick bay on a stretcher and subsequently medevac'd.

DISCUSS →

Do your team know what they need to consider when manual handling?



T

Task: consider how the task is going to be done

Does the manual handling task involve twisting, stooping, bending, pushing, pulling, team work, seated work, low lifts, high lifts?

I

Individual: consider the individual capabilities

Are the team members fit and able to conduct the task? Do they need assistance?

L

Load: consider the load itself

Is the load heavy or light? Is it bulky or small? Is it easy to handle or difficult to grip? Is it going to obscure your vision? Is the weight evenly distributed or top heavy?

E

Environment: consider environment in which you are lifting

Is the work area well lit and free from trip hazards? Is the route on the same level, or up and down stairs? Are the floors level and stable or slippery and uneven?

SAFETY MOMENT

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