

About the Manual Handling Risk Awareness Induction



The Top 5 Comments Heard During Back Care Training

1. Yeah great. Thanks very #@\$# much for showing us how to lift @#&% boxes off the floor! That's not what we do!
2. Why all the focus on lifting anyway? Most people I know hurt their backs just getting out of bed.
3. It's because of all the non-smokers jumping on our backs.
4. Why do I have to stretch? I'm fit – I've been working on the drill floor for 20 years etc etc .
5. I can't squat down it hurts my knees.

The difference
between
knowledge and
habits



The Manual Handling Risk Awareness Tool

1. Having people demonstrate they know the key things we think they should know.
2. Contains no superfluous information that is not specific to their workplace.
3. Takes the understanding of manual handling risk beyond lifting.
4. Encourages the idea of stretching as a key manual handling risk control method.
5. Developed by observing the work, incorporating photographs, discussing the risks as a group and individually.

The 8 things you need to know

1. How do people get hurt? (The general ingredients of manual handling risk)
2. What are the specific risks in this job?
3. How do I change the way that I work to account for these risks?
4. What are the high risk times of day (and how do I decrease this risk)?
5. What specific manual handling techniques do I need to master to do this job more safely?
6. What specific exercises do I need to know to make me safer in this job
7. How do I judge if something is safe to lift?
8. What do I do if I am unsure about the weight of an object to be handled?

The Ingredients of Manual Handling Risk

1. **Self Pacing** – Having no control over workflow
2. **Help** – Can the person easily seek assistance?
3. **Creep** - Is there prolonged bending, crouching or sitting?
4. **Too Low** - Is there repetitive bending below knee height?
5. **Too high** – Is there repetitive reaching above shoulder height?
6. **Reaching** – Does the person have to regularly reach more than 30 cm?
7. **Confined Space** – Is there enough room to adopt a strong position?
8. **Twisting** – Does the person have to twist with loads?
9. **Too Heavy** - Is there regular lifting above 25kg? (15kg above shoulder height)
10. **Torque** - Is there heavy pushing and pulling?

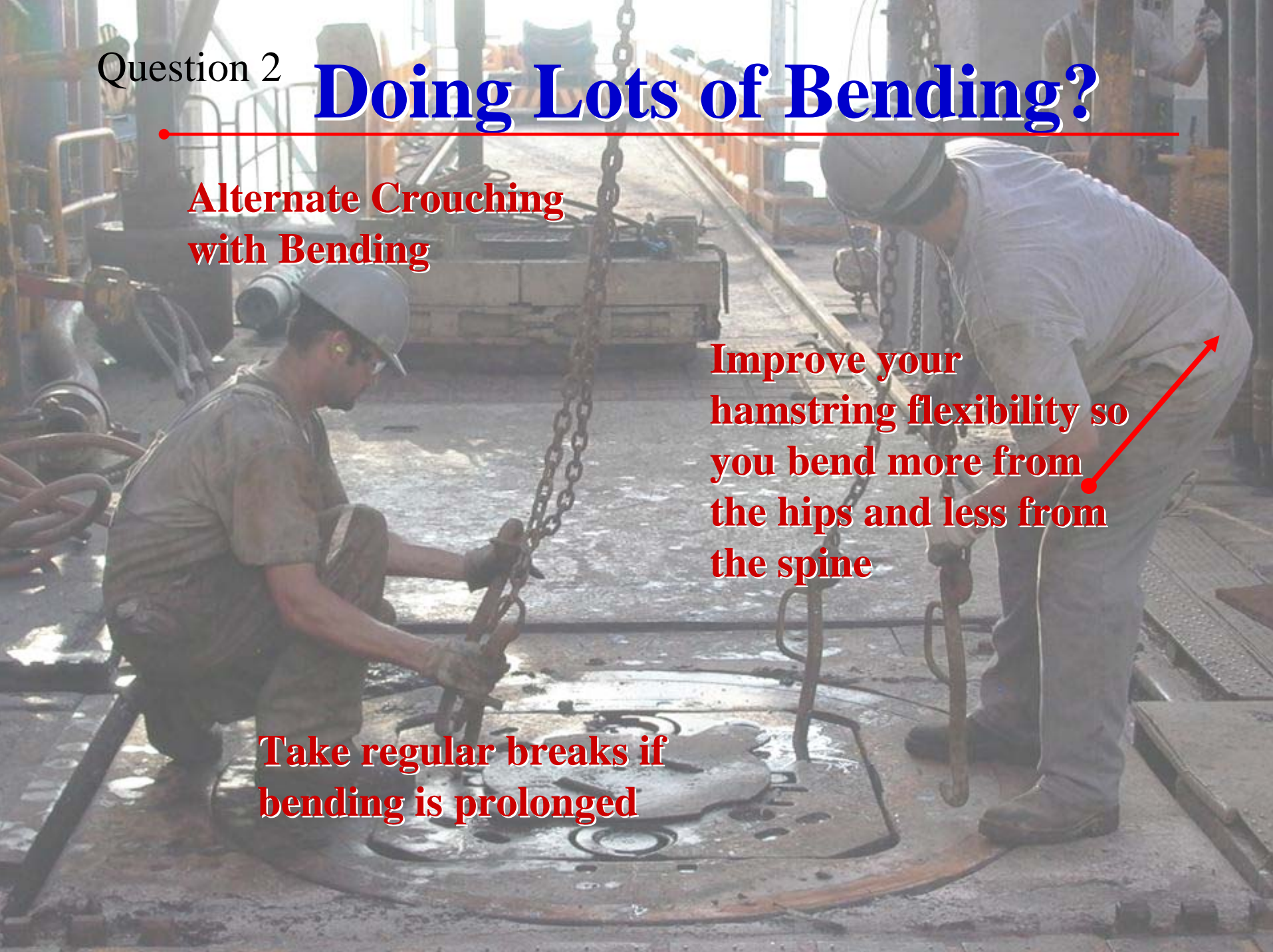
Question 2

Doing Lots of Bending?

**Alternate Crouching
with Bending**

**Improve your
hamstring flexibility so
you bend more from
the hips and less from
the spine**

**Take regular breaks if
bending is prolonged**



Stretching Hamstrings

**Push
tailbones
out and
bend only
from the
waist**

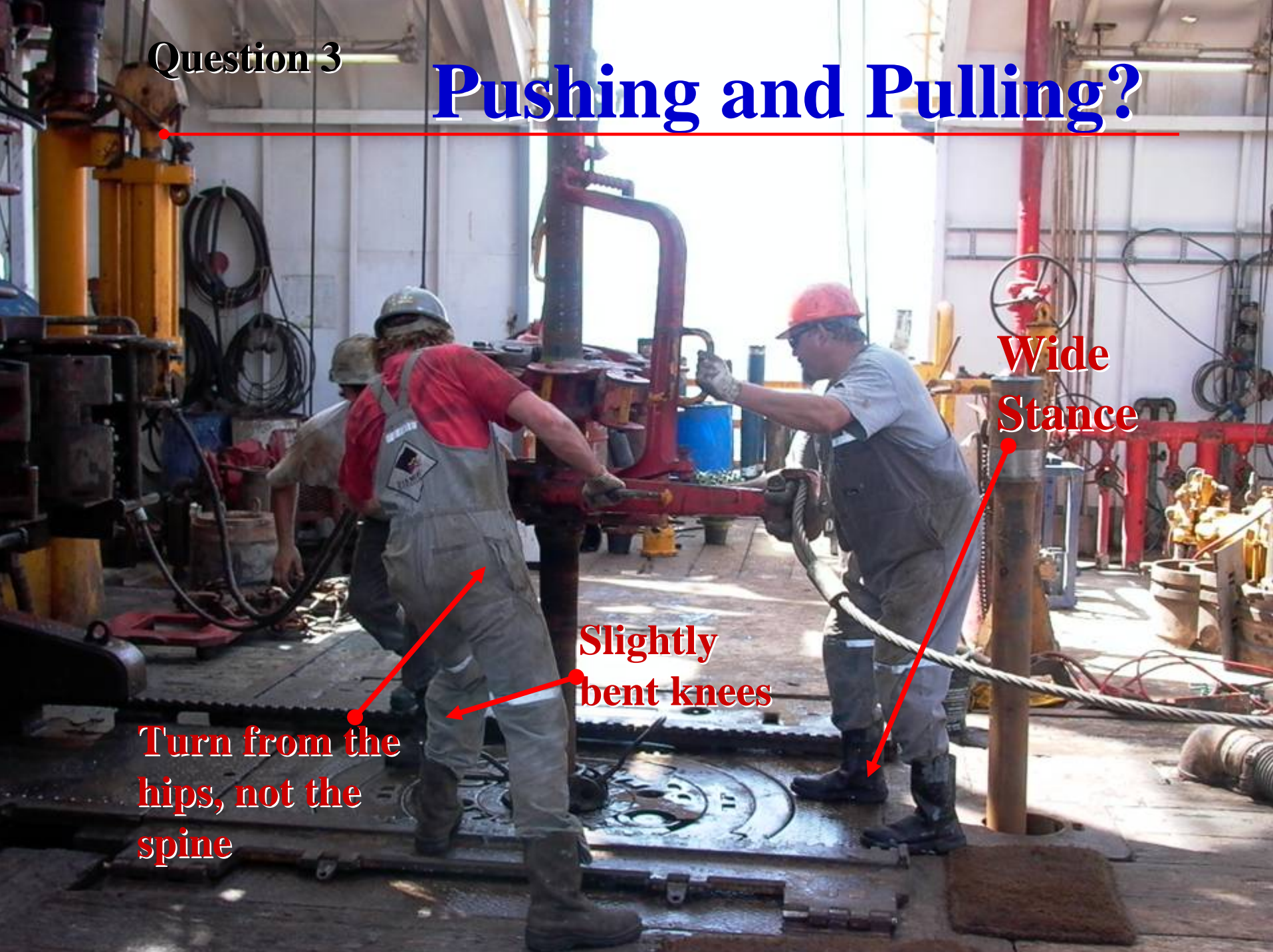
**Back Foot facing
straight forwards**

Heel on the chair



Question 3

Pushing and Pulling?



Wide
Stance

Slightly
bent knees

Turn from the
hips, not the
spine

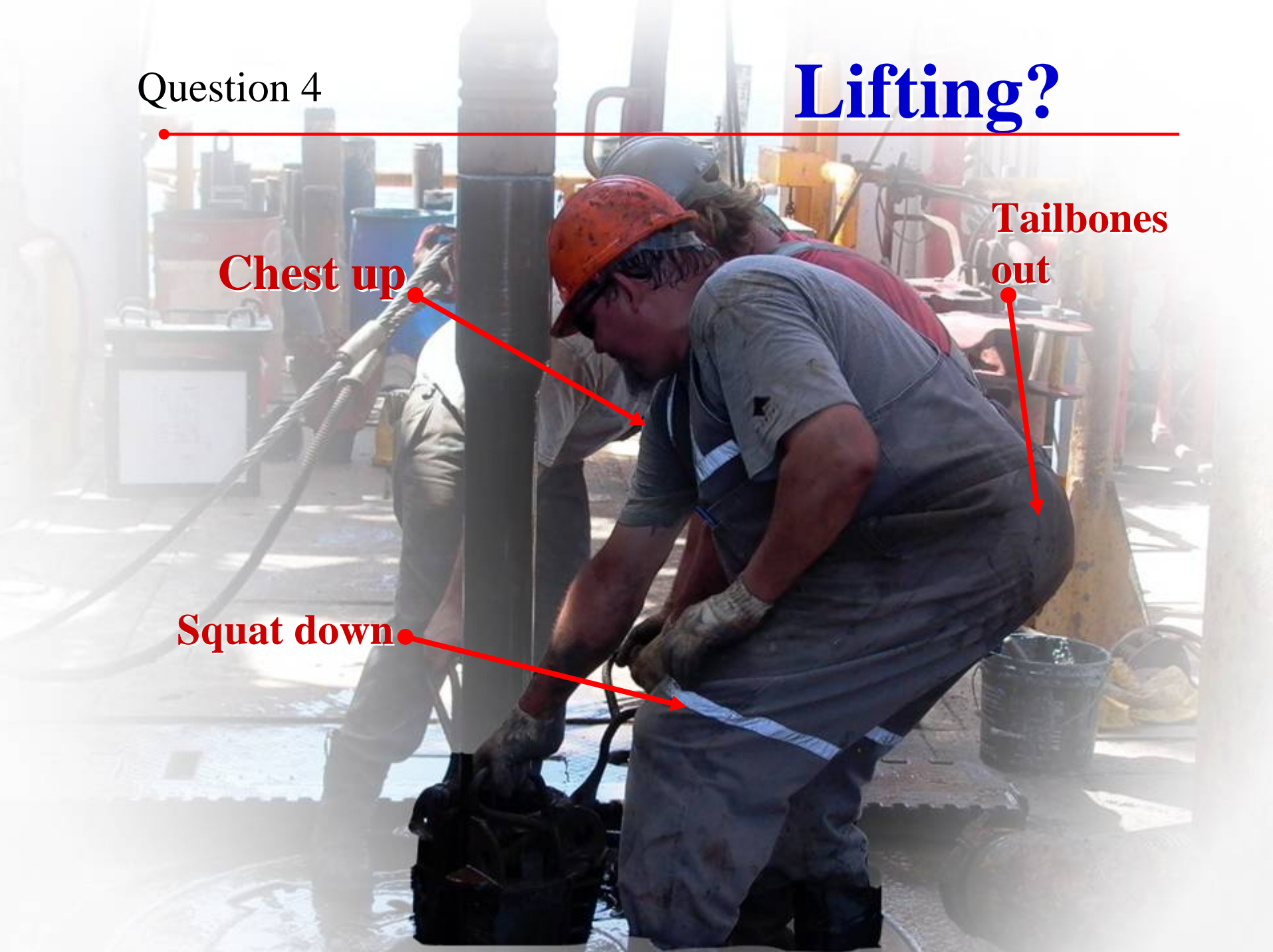
Question 4

Lifting?

Chest up

Tailbones out

Squat down



Question 4

Guerilla Lifting

**Natural
Shape of
Spine is
Maintained**

Chest up

**Tailbones
out**

**Brace
Abdominal
Muscles**

Squat down



Question 5

Priorities

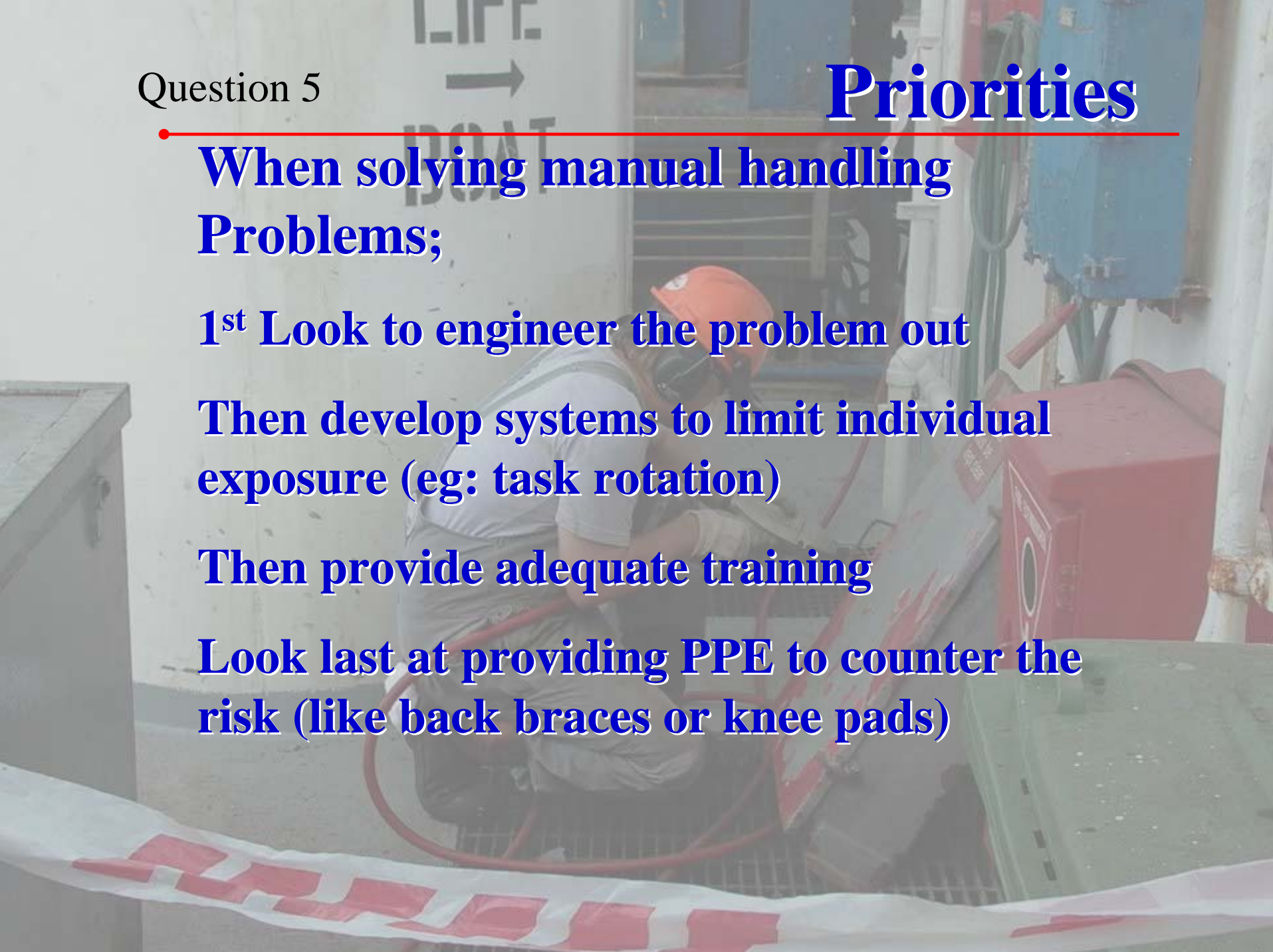
When solving manual handling Problems;

1st Look to engineer the problem out

Then develop systems to limit individual exposure (eg: task rotation)

Then provide adequate training

Look last at providing PPE to counter the risk (like back braces or knee pads)



Question 6

Time of Day?

1st Thing – Because you are cold and stiff

Late in the shift because you are fatigued and concentration can be poorer

Just after you have been bending or sitting for long periods – (Creep)

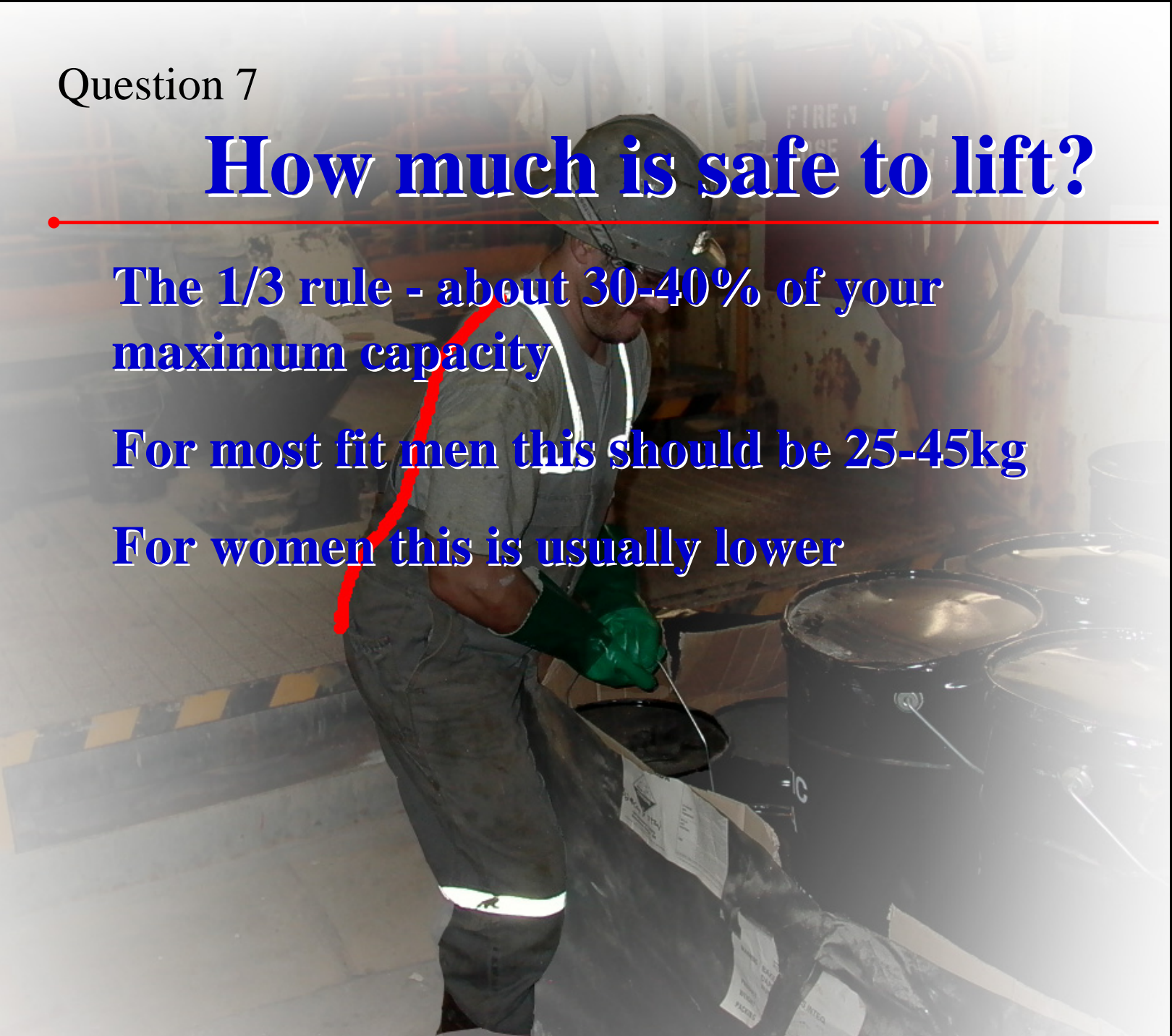
Question 7

How much is safe to lift?

The 1/3 rule - about 30-40% of your maximum capacity

For most fit men this should be 25-45kg

For women this is usually lower



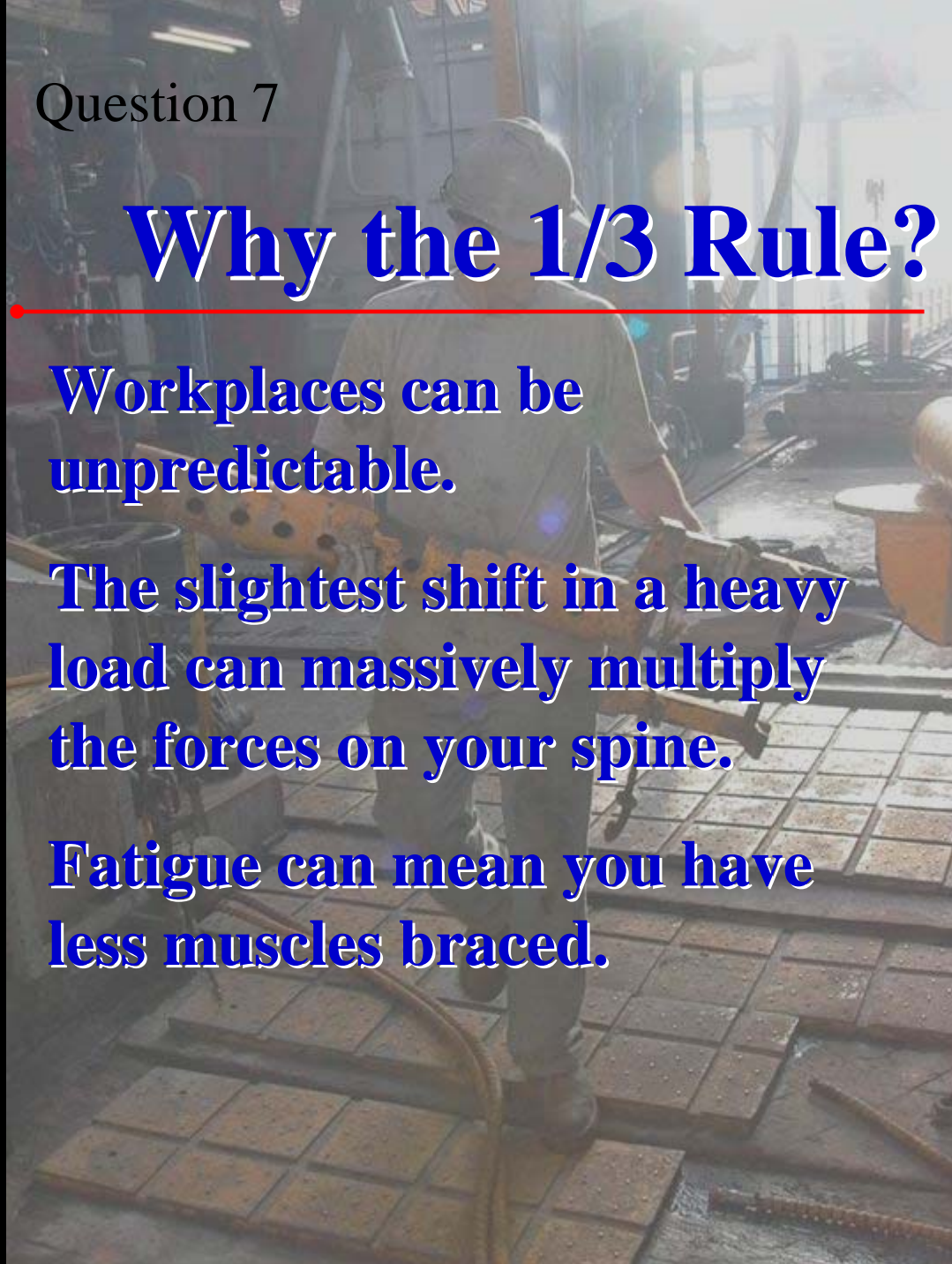
Question 7

Why the 1/3 Rule?

Workplaces can be unpredictable.

The slightest shift in a heavy load can massively multiply the forces on your spine.

Fatigue can mean you have less muscles braced.



Question 8

How heavy does it feel?

- Light – almost no effort
- Have to bend knees, slight strain, can still breath easily
- A lot of strain, tend to grunt/hold breath and couldn't hold it for long
- Can barely lift it. Can feel huge pressure in my back and leg muscles

Question 9

If you are not sure

- Ask to make sure the object can be safely lifted. Appearances can be deceiving.
- Test the weight by rocking the object back and forwards on the ground
- Have a go anyway.