

Safe Manual Handling

INTRODUCTION

LEGISLATION

Manual handling is a major cause of workplace injury and illness. Legislation has been developed to protect workers from injury and illness caused by manual handling. The purpose of this legislation is to ensure that workers are protected from injury and illness caused by manual handling. It is the responsibility of employers to ensure that workers are protected from injury and illness caused by manual handling.



POSSIBLE INJURY

Manual handling can cause a wide range of injury and illness. These include: back pain, neck pain, shoulder pain, wrist pain, and hand pain. These injuries can be caused by lifting, lowering, pushing, pulling, carrying, and holding.

- The types of injury that can occur are:
1. Back pain
 2. Neck pain
 3. Shoulder pain
 4. Wrist pain
 5. Hand pain

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

THE PURPOSE OF A RISK ASSESSMENT IS TO:

1. Identify the hazards associated with the task, the load, the person, and the environment.
2. Assess the risk of injury or illness from the hazards.
3. Determine the measures that can be taken to control the risk.

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2. Assess the risk of injury or illness from the hazards.
3. Determine the measures that can be taken to control the risk.



The assessment should be written down and the assessment should be reviewed when necessary.

TASKS

The tasks that are involved in the task should be identified. These include: lifting, lowering, pushing, pulling, carrying, and holding.

- Lifting
- Lowering
- Pushing
- Pulling
- Carrying
- Holding

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ENVIRONMENT

The environment that the task is performed in should be identified. This includes: the floor, the walls, the ceiling, the lighting, the temperature, the humidity, the noise, the vibration, the air quality, and the safety.

- Floor
- Walls
- Ceiling
- Lighting
- Temperature
- Humidity
- Noise
- Vibration
- Air quality
- Safety

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EMPLOYERS & EMPLOYEES

EMPLOYER'S DUTIES

The employer has a duty to ensure that the work environment is safe and sound. This includes: providing a safe work environment, providing training, providing information, and providing resources.

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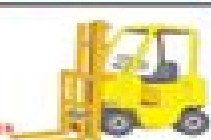
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EMPLOYEE'S DUTIES

The employee has a duty to ensure that the work environment is safe and sound. This includes: following the rules, using the equipment correctly, and reporting any hazards.

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- Use the equipment correctly
- Report any hazards

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HANDLING TECHNIQUES

FOOT

The foot should be used to provide a stable base for the body. This includes: standing with feet shoulder-width apart, and keeping the feet flat on the floor.

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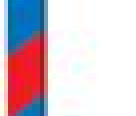
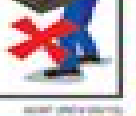
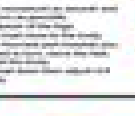
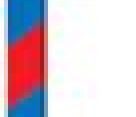
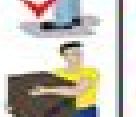
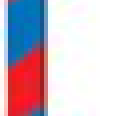
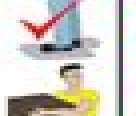
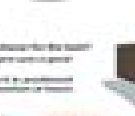
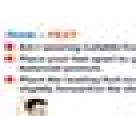
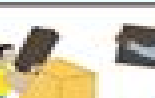
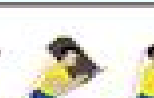
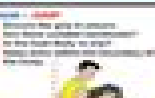
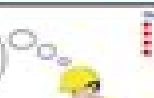
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Ian Peate



St Johns Ambulance Manual Handling:

Ultimate Guide to Manual Handling Lee Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way **Fundamentals of Care** Ian Peate, 2017-03-20 Fundamentals of Care is an accessible introductory textbook for all health care assistants assistant practitioners and social care support workers who are undertaking the newly introduced mandatory Care Certificate as well as offering a resource for providing care and support Practically focused each chapter begins with the outcomes associated with each standard which helps contextualise and focus the reader on the content and relevance to the Care Certificate The book also includes exercises to encourage the reader to stop look listen and act thinking cap activity promotes further thinking and application to care and support provision along with case studies and resource files Written to help the reader come to terms with the role and function of the health and care assistants Fundamentals of Care offers support to those undertaking the Care Certificate and to assist those who already work as health and care assistants helping them in their quest to enhance safe and effective care

Foundations of Nursing Practice Chris Brooker, Anne Waugh, 2013-01-08 This second edition of Foundations of Nursing Practice has been revised and updated specifically to meet the needs of nursing students in all fields of practice The book explains how and why sensitive safe evidence based holistic nursing care is carried out including topics common to all fields of practice Core nursing skills are emphasised to reflect the importance of clinical skills as well as the underpinning theory Aids to learning in each chapter Learning outcomes Interactive boxes for all age groups and fields of nursing practice Key words and phrases for literature searching Useful websites references and further reading This book provides a comprehensive introduction to nursing that will meet the needs of students nurses returning to practice mentors and other registered nurses Relevant to all branches of nursing settings infants children adults pregnant women older people and people with a learning disability or mental health problems Themes relevant to all stages and fields of nursing practice include safety infection prevention and control managing stress communication managing wounds and pressure ulcers and dealing with loss Scenarios develop the skills of evidence based practice critical thinking reflection and health promotion and encourage further learning The areas of psychology sociology physiology and pathology are clearly related to nursing practice Key principles of health promotion the law and ethics the human lifespan and development are explained in earlier chapters then applied in later chapters Cultural diversity information helps with understanding the needs of people from different backgrounds Person centred approach encourages problem solving and application to practice Evidence based practice is explicit throughout and best practice guidelines underpin exploration explanation of nursing care Easy reference Glossary at the back of the book Meets the requirements of the new pre registration nursing curriculum including the NMC 2010 competencies and Essential Skills Clusters Greater emphasis on safeguarding vulnerable people maternal health and

first aid Self test questions with answers available on accompanying website **Hydraulic Lime Mortar for Stone, Brick and Block Masonry** Geoffrey Allen, 2015-07-17 This best practice guide to using hydraulic lime mortar is the result of a research project by the UK Limes team which studied the performance application and classification of hydraulic limes for the construction industry It will prove invaluable for all building practitioners contractors and tradesmen specifying or handling hydraulic lime on site Containing many useful tables and charts to assist the practitioner along with colour illustrations showing lime mortar in use it also offers practical guidance on the functions and properties of hydraulic lime the constituent materials mixing reworking protection and aftercare and mortar selection for durability and health and safety issues **Construction Safety Handbook** V. J. Davies, K. Tomasin, 1996 This book is an essential guide for all construction industry professionals whose duty it is to preserve the health safety and welfare of others by effective design and management The authors describe the most common hazards of construction work and how to reduce the consequent risks They explain the essential details of construction safety law the organisational basis for implementing health and safety policies and duties under current safety regulations This edition has been fully revised to incorporate developments in construction methods and new legislative requirements *Equine Veterinary Nursing Manual* Karen Coumbe, 2008-04-15 Endorsed by the British Equine Veterinary Association this book aims to cover the syllabus for the new RCVS equine veterinary nursing certificate It covers subjects such as medical and surgical equine nursing basic equine management and the theory underpinning these topics It also includes chapters on nutrition imaging and anatomy and physiology not previously well covered for the equine at a level appropriate for nurses The approach is practical and the book is laid out in a user friendly manner with copious illustrations Production Safety for Film, Television and Video Robin Small, 2000-07-03 Covering all aspects of production safety this is an invaluable reference guide for the independent programme maker freelancer manager producer tutor and student filmmaker Robin Small identifies all the major risks and gives advice on how to control and or eliminate them Each hazard section includes useful references to the relevant legislation documents and licences as well as addresses of organisations for essential advice and recommended further reading An appendix lists samples of vital certificates with visual references provided on www.focalpress.com Important information about hazard identification risk assessment and safety policy is provided in the chapters covering legislation health and safety management personal protective equipment and insurance Particular hazards are then split into individual sections for ease of reference These hazards include Asbestos Cranes Explosives and pyrotechnics Food and catering Manual handling and lifting Visual display screens Working at heights The appendices provide comprehensive contact information for UK and European Health and Safety sources They also include sample forms to draw up your own safety system Robin Small is Senior Lecturer in Television Media Department at the University of Huddersfield *Ocr National Certificate in Health and Social Care - Level 2* Liam Clarke, Mary Dougherty Riley, Veronica Dougherty, 2004 This unique resource provides everything

students need for the new OCR National Certificate in Health and Social Care and focuses on the differing levels of care required for individuals in a variety of settings *Developing Practical Adult Nursing Skills* Lesley Baillie, Thomas L., 2009-04-24 This is the third edition of the highly successful textbook *Developing Practical Nursing Skills* which has been revised specifically for nursing and health care students working with adult patients offering a more comprehensive guide that will last throughout initial training and beyond Maintaining the practical and easy to use style of Materials Handling News ,2001 A Practical Guide to Beauty Therapy for NVQ Level 2 Janet Simms, 2003 Provides a full colour layout and salon photographs This title aims to match the 2004 S NVQ standards It provides step by step routines and colour photographs for the key beauty procedures and covers hydrotherapy spa treatments and nail art **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1971 First multi year cumulation covers six years 1965 70 *Integrated Design and Cost Management for Civil Engineers* Andrew Whyte, 2014-08-27 Find Practical Solutions to Civil Engineering Design and Cost Management Problems A guide to successfully designing estimating and scheduling a civil engineering project *Integrated Design and Cost Management for Civil Engineers* shows how practicing professionals can design fit for use solutions within established time frames and reliable budgets This text combines technical compliance with practical solutions in relation to cost planning estimating time and cost control It incorporates solutions that are technically sound as well as cost effective and time efficient It focuses on the integration of design and construction based on solid engineering foundations contained within a code of ethics and navigates engineers through the complete process of project design pricing and tendering Well illustrated The book uses cases studies to illustrate principles and processes Although they center on Australasia and Southeast Asia the principles are internationally relevant The material details procedures that emphasize the correct quantification and planning of works resulting in reliable cost and time predictions It also works toward minimizing the risk of losing business through cost blowouts or losing profits through underestimation This Text Details the Quest for Practical Solutions That Are cost effective Can be completed within a reasonable timeline Conform to relevant quality controls Are framed within appropriate contract documents Satisfy ethical professional procedures and Address the client's brief through a structured approach to integrated design and cost management Designed to help civil engineers develop and apply a multitude of skill bases *Integrated Design and Cost Management for Civil Engineers* can aid them in maintaining relevancy in appropriate design justifications guide work tasks control costs and structure project timelines The book is an ideal link between a civil engineering course and practice **Emergency Care and First Aid for Nurses** Philip Jevon, 2006-11-02 This title is directed primarily towards health care professionals outside of the United States This portable quick reference provides comprehensive coverage of first aid procedures and is highly illustrated Its aim is to enable nurses to effectively and safely provide first aid outside their clinical working environment However the principles described will also be useful within the hospital setting and a section at the end of each chapter will describe the appropriate

treatment once the patient reaches A E *Australian Master OHS and Environment Guide* ,2007 The first point of reference for all OHS and environmental best practice and strategy providing operational guidance with examples to achieve optimal workplace safety and environmental sustainability **Current Catalog** National Library of Medicine (U.S.),1966 Includes subject section name section and 1968 1970 technical reports **Dog Groomer's Manual** Sue Gould,2014-03-31 The Dog Groomer s Manual is the definitive reference book covering all aspects of the work of the dog groomer This highly illustrated book will help owners students and professional dog groomers develop their skills and knowledge It will enable them to adapt the principles of grooming appropriately based on a systematic approach to understanding and observing the physical appearance the nature the lifestyle and the behaviour of the dog The Manual covers the following SCIENCE The veterinary principles of anatomy and physiology that must inform good grooming practice pre grooming health checks common parasites and skin diseases infectious and zoonotic diseases PRACTICE Running a grooming business and the diverse standards of safety hygiene and professionalism required in the grooming workshop First Aid and what to do in emergency situations handling and restraining the dog safely grooming equipment and tools ART Grooming out the coat bathing and drying clipping scissoring hand stripping and plucking styling preventative healthcare products Referenced to reliable sources of information and adhering to the requirements of City Guilds British Dog Grooming Association and nationally recognized dog grooming qualifications The Dog Groomer s Manual is the perfect companion for dog groomers around the world seeking to attain these internationally recognized awards Superbly illustrated with 1000 colour photographs *The IHSM Health and Social Services Year Book* ,1998 [The Journey to Dissertation Success](#) Elizabeth Laycock,Tim Howarth,Paul Watson,2016-06-10 Are you about to embark on a research project for the first time Unsure which data collection methods are right for your study Don t know where to start By presenting the reader with a series of key research management questions this book introduces the novice researcher to a range of research designs and data collection methods Building an understanding of these choices and how they can impact on the dissertation itself will lead to a more robust and rigorous dissertation study This book is designed to direct your research choices with informative text and key questions advice from virtual supervisors and reflections from students Lists of suggested further reading also help to support you on your journey to developing an organised and successful dissertation project Researchers seeking support on their journey to a successful dissertation will find this book a valuable resource *Ambulance Care Essentials* Richard Pilbery,Kris Lethbridge,2019-09-11 This second edition of Ambulance Care Essentials offers a complete guide to the skills knowledge and understanding required to work as a support worker or similar within the ambulance service Covering fundamental elements of the role the book combines theoretical aspects of communication legal and ethical issues and safeguarding with more practical areas such as manual handling medical emergencies and a range of clinical skills It includes in depth chapters on the primary areas of patient assessment as well as covering different patient populations

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