

MANUAL HANDLING AWARENESS

Do your employees have to lift, lower, carry, push or pull loads?

If so, then the Manual Handling Operations Regulations will apply and you must undertake a risk assessment and as a result your employees will typically need awareness training.

Have you undertaken a manual handling assessment that involves the workforce? Do your employees know about the risks associated with manual handling?

Do they know how to identify obvious hazards and deal with them?

Have they been trained in safe manual handling operations?

If you answered 'no' to any of the above and you are not training those at risk then your organisation could be subject to enforcement action that could include an improvement notice, prosecution or an increased risk of a civil claim. The provision of health and safety training is not a matter of choice or optional, it is an absolute legal requirement for your organisation.

Manual handling accidents account for over 38% of all lost time accidents at work and absence from work due to back pain is second only to the common cold. Manual handling operations are also a contributory factor to the large increase in slips, trips and falls in the workplace.

MANUAL HANDLING AWARENESS from Insight 2 aims to help your organisation meet the intent of the Manual Handling Operations Regulations by helping establish a culture where all those involved can input to resolving the issues having received a level of hazard awareness and workplace precaution training from the engaging online training solution.



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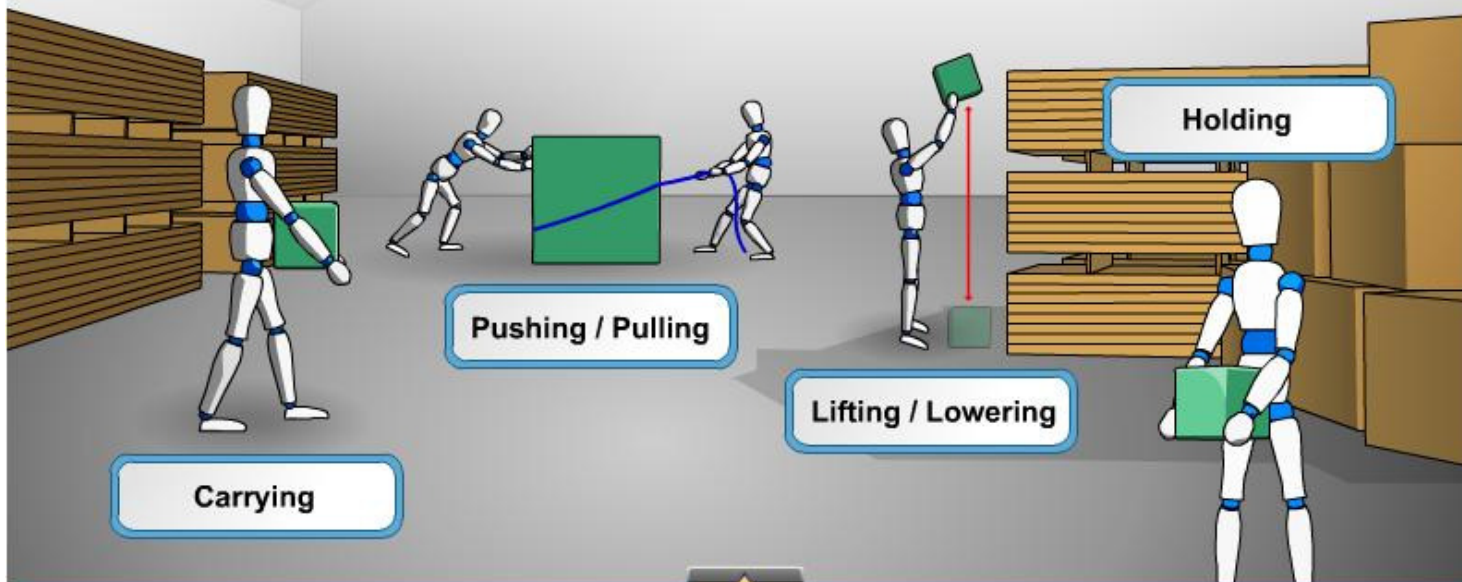
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1. What is manual handling?

Manual handling can be any of the activities listed below and can form part of many people's jobs. The need for you to take this course suggests that your job involves some form of manual handling. Injuries can be avoided through careful planning of manual handling activities.



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1. Problems to look for when making an assessment

Here we will start to look at factors to be considered in the assessment of manual handling operations and activities. Everyone being aware of these factors is an important part of undertaking a good assessment that will generate workplace precautions.



It is important however that **everybody** has an understanding of potential manual handling problems and an idea of how to fix them. Further sections will demonstrate some manual handling techniques, but for now, let's have a look at how to spot the problems.



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1. How far must the risk be reduced?

We need to reduce the risk so far as is 'reasonably practicable' i.e. the risk must be sensibly reduced by balancing time, effort or money with the benefits.



If we needed to lift one heavy box once a day into a truck, would there be any major benefits in buying a conveyor belt?



A more effective solution would be to get 2 people to lift the box into the truck.



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Question 1

How far should the risk from manual handling be reduced?

- | | |
|----|-------------------------------------|
| A. | as best as you can as an individual |
| B. | totally eliminated |
| C. | as defined by your Local Authority |
| D. | so far as is reasonably practicable |



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Select your answer



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