

# 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?

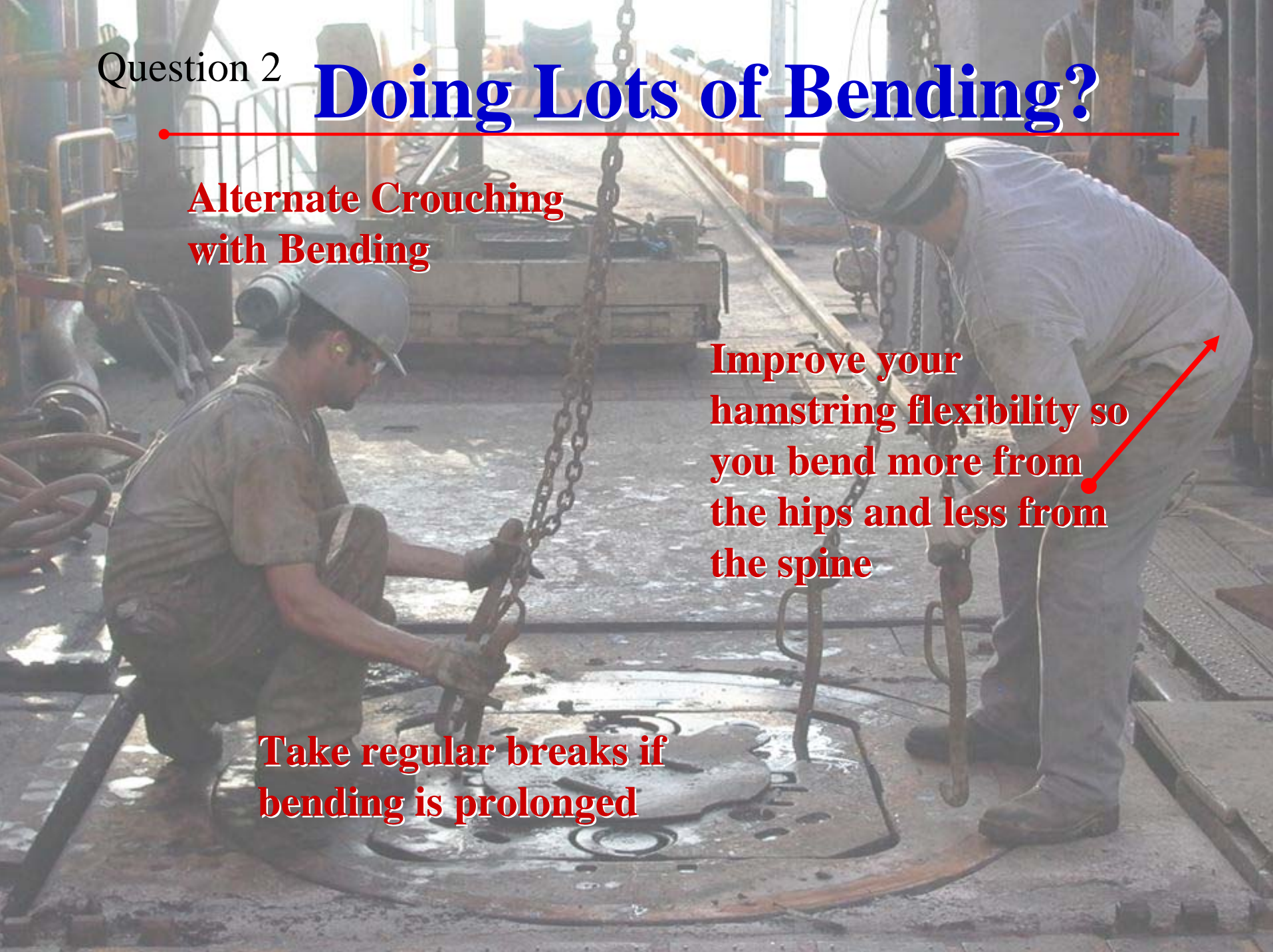
Question 2

# 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**

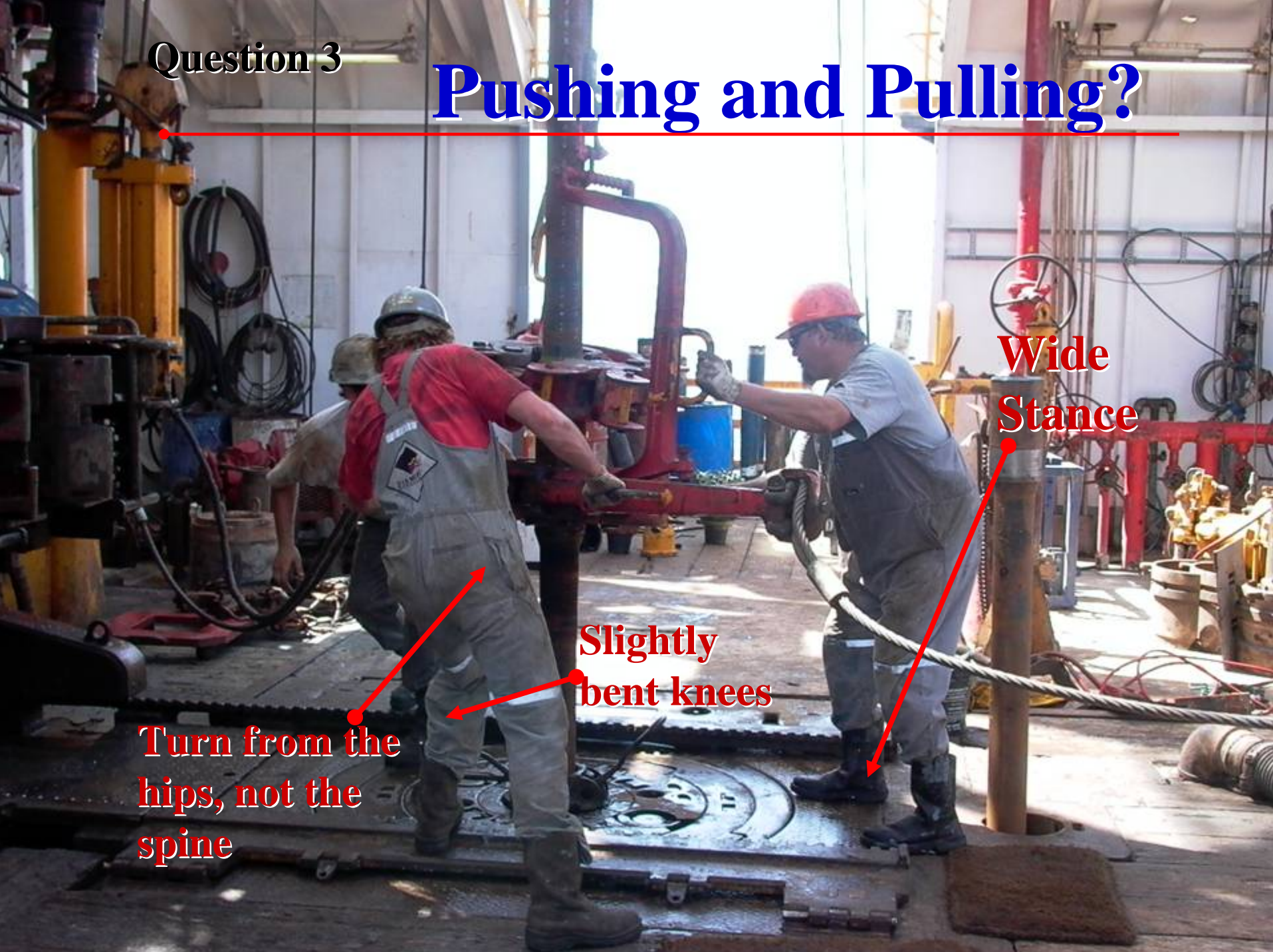
**Back Foot facing  
straight forwards**

**Heel on the chair**



### Question 3

# Pushing and Pulling?



Wide  
Stance

Slightly  
bent knees

Turn from the  
hips, not the  
spine

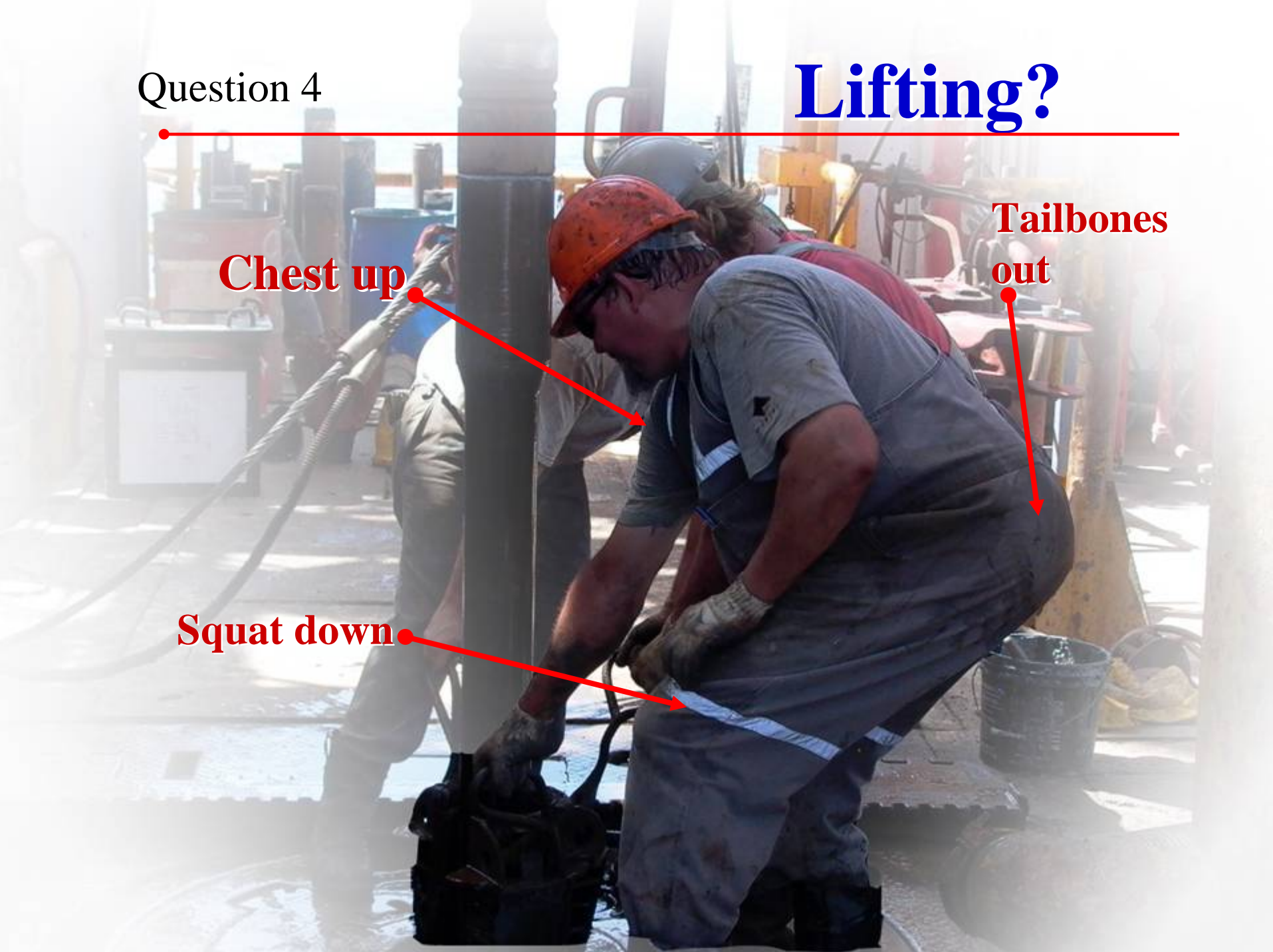
Question 4

# 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

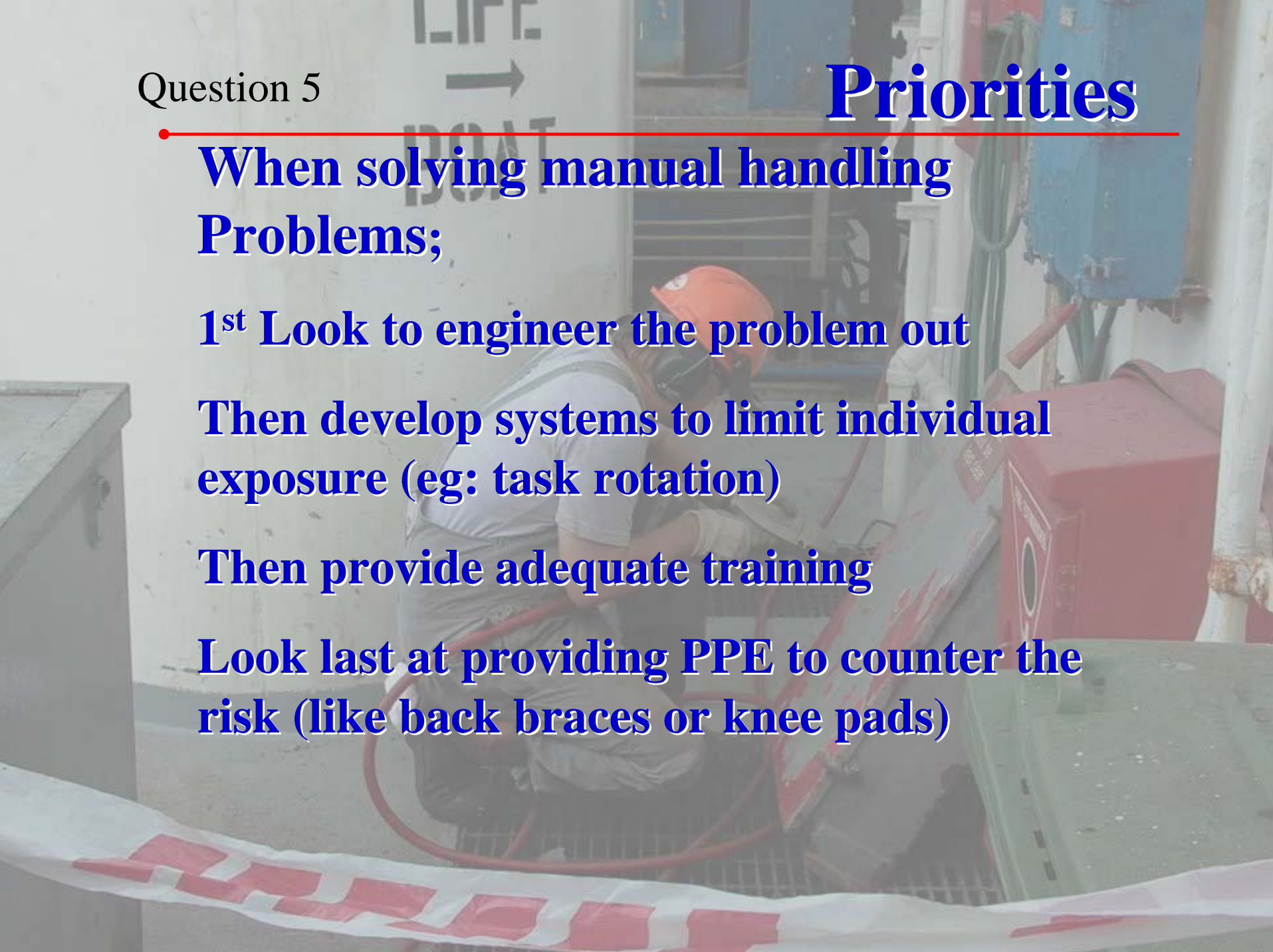
**When solving manual handling Problems;**

**1<sup>st</sup> 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?

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**1<sup>st</sup> 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

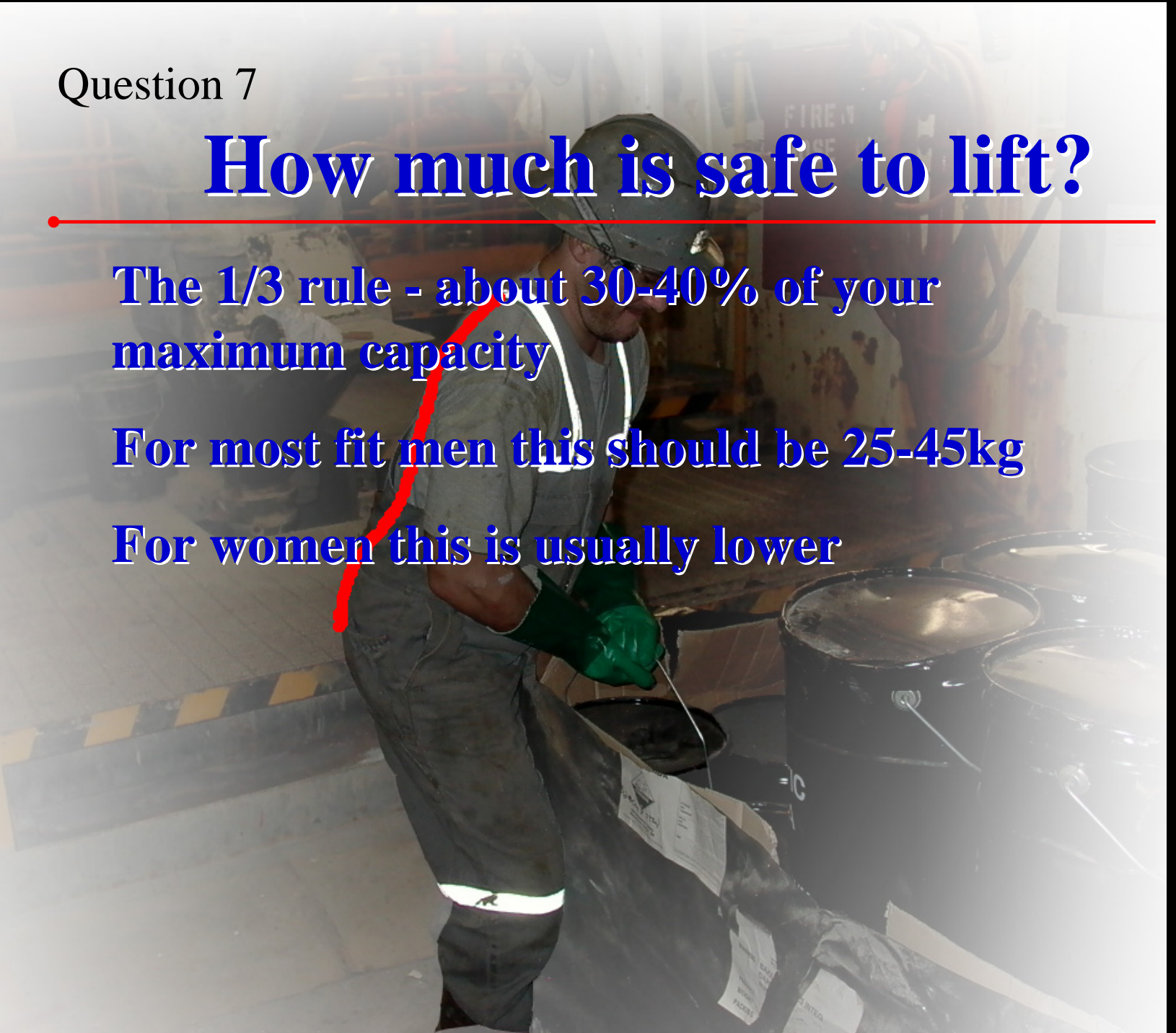
# How much is safe to lift?

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**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?

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**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?

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- 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

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- 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.