

### Manual Handling v Hazardous Manual Handling

Manual handling is more than just lifting, it refers to any activity requiring a person to engage in a task that involves the **pushing, pulling, lifting, carrying** or **turning** of a physical object and/or **repetition** of these movements. A manual handling task becomes hazardous when it subjects the person to one or more of the following: **repetitive or sustained force, high or sudden force, repetitive movement, sustained or awkward posture, exposure to vibration** while the person is lifting, lowering, pushing, pulling, carrying, moving, holding or restraining a person, animal or thing.

### Hazards and Risks

Hazardous manual handling can lead to injuries such as sprains and strains, back injuries, lower back pain, soft-tissue injuries to the wrists, arms, shoulders, neck or legs, abdominal hernias, degeneration of the spine and damage to nerves and tendons.

#### Examples of manual handling at OS

1. Loading & unloading washing from machines.
2. Loading & unloading the van with equipment including tubs, chairs, bollards, trip guards etc.
3. Winding & Unwinding the hoses.
4. Lifting and lowering washing baskets.
5. Setting up or packing away the awning.
6. Getting in and out of the side door of the van.

#### How manual handling injuries happen

1. Incorrect lifting techniques
2. Bad positioning
3. Heavy loads
4. Inappropriate movements
5. Most back problems are a result of years of neglect & wear & tear
6. Poor posture, fitness, lack of strength & flexibility

### Correct Lifting

People have different physical abilities and can lift different weight limits. Before you lift any item, always access the load to ensure you can lift it comfortably. If you can't, ask someone to help you perform a two-person lift if you feel comfortable, or ask someone who can lift the weight to do so for you, or use equipment like a trolley to lift or move the item.

**1)** Plan your route & check for dangers, is the route clear of obstructions? Assess the load, are you sure you can lift the weight? **2)** If lifting, face the direction of travel, check your balance & position with feet shoulder width apart. **3)** When lifting, use your legs, not your back. Bend your knees keeping your back straight and your arms close to your body. Do not jerk, keep the movement smooth. **4)** Keep the heaviest part of the load against your body. **5)** When moving your load, move & turn from your feet, do not twist your waist.

