



MANUAL HANDLING



Manual handling covers a whole plethora of activities including lifting, carrying, lowering, pushing and pulling. In fact manual handling covers anything that needs bodily force to move or support a load.

Unfortunately more than a third of all over 7 day injuries that are reported to RIDDOR are caused by manual handling with about a half of these involving significant time off work. And a repeat injury will occur to 1 in 3 people who have previously suffered a musculoskeletal disorder (MSD).

Regulation 4 of the Manual Handling Operations Regulations 1992 (as amended in 2002) requires an employer to do the following:-

AVOID – the need for hazardous manual handling, so far as is reasonably practicable

ASSESS – the risk of injury from any hazardous manual handling that can't be avoided

or

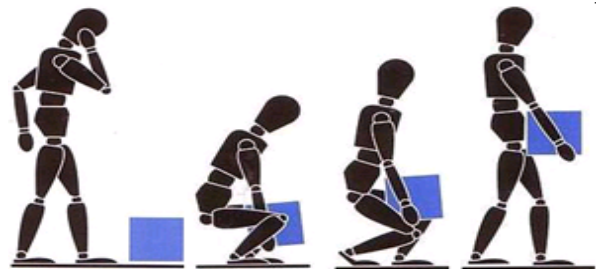
REDUCE – the risk of an injury to the lowest practicable from hazardous manual handling so far as is reasonably practicable

To do this a risk assessment should be made by a competent person of the task in question looking at the task, the load, the working environment and individual capability.

Manual handling injuries can occur in all types of employment such as farms, offices, building sites, banks, warehouses, hospitals, workshops, etc and it should be noted that low back pain occurs with the same frequency in people with sedentary occupations as with those in heavy labour.

At CSATS we can cover this topic for you by carrying out the risk assessments required and by offering advice on reducing manual handling operations. Obviously we can also work in conjunction with you or your health and safety champion utilizing any appropriate forms that you might already have.

Remember these assessments have to be reviewed on a regular basis, if there are any changes in regulations or an incident occurs to ensure that the assessment maintains its effectiveness and provides you and your employees with suitable protection.



If you contract us to carry out your initial risk assessments there is **NO** obligation on you to re-commission CSATS to carry out the reviews but we can do this either as a separate project or part of your retainer package if you have taken us on as your competent person.

If you require further information on how CSATS Health and Safety Consultants can help you in meeting your health and safety requirements please contact us on 07785 580376 or consultancy@csats.co.uk

CSATS Ensuring Safety @ Work