

What?



- **Manual handling means any transporting or supporting of a load (including the lifting, putting down, pushing and pulling, carrying or moving) by hand or by bodily force.**

Why?

- Manual handling causes over a third of all workplace injuries. These include work-related musculoskeletal disorders (MSDs) such as pain and injuries to arms, legs and joints, and repetitive strain injuries of various sorts.
- To help prevent manual handling injuries in the workplace, you should avoid such tasks as far as possible. However, where it is not possible to avoid handling a load, employers must look at the risks of that task and put sensible health and safety measures in place to prevent and avoid injury.



Do ✓

- Clear the area of potential hazards before lifting
- Use lifting equipment where possible such as the sack barrow
- Check the weight before attempting to lift
- Lift from a stable base and keep your back straight and legs bent
- Keep the weight close to your body
- Ask for help if the item is bulky or an unusual shape
- Watch where you are going
- Report any hazards or shortcomings in manual handling activities
- Wear appropriate PPE, especially gloves, to protect against sharp edges, and safety footwear for heavy items

Don't ✗

- Don't twist at the waist
- Don't snatch at the load
- Don't over-extend whilst lifting
- Don't block your view with the object you are carrying
- Don't pull an object; push it



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