

Stay safe: manual handling

By safely disposing of your liquid waste, you are helping to protect the natural environment. But it's important to protect yourself and others too.

Manual handling causes over a third of all workplace injuries¹. These include work-related musculoskeletal disorders such as pain and injuries to the back, joints and limbs.

Manual handling however is not all about lifting. You can cause serious injury by lowering, pushing, pulling or carrying items inappropriately.

To protect yourself from harm it is important you read and follow Risk and Method Statements before you undertake any manual handling task.

Simple measures to prevent manual handling injury:

- Always follow safe systems of work
- Assess the item to be moved for the risk of injury
- Ask yourself whether you can avoid moving the item
- Check to see if the risk of injury can be reduced
- Eliminate the risk by using appropriate lifting aids
- If you see something that poses a danger don't move it, report it!

Things to consider before you move the item:

- What is the weight and size of the item?
- If you moved it would it be unstable or difficult to grasp?
- What's the working environment like? Is the ground uneven; is it elevated; are there steps or other obstructions in your way?
- When you carry, push or pull the item have you got a clear view of where you are going and of other people, plant and machinery?
- How often do you need to move it and for how long?
- Do you need help? Should you use lifting aids or seek assistance from a second person?
- If in doubt seek advice!

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¹ HSE.gov.uk

Head height

Shoulder height

Elbow height

Knuckle height

Mid lower leg height



Lifting and lowering risk filter

Women		Men	
Lifting	Lowering	Lifting	Lowering
Head height 7kg	3kg	Head height 10kg	5kg
Shoulder height 13kg	7kg	Shoulder height 20kg	10kg
Elbow height 16kg	10kg	Elbow height 25kg	15kg
Knuckle height 13kg	7kg	Knuckle height 20kg	10kg
Mid lower leg height 7kg	3kg	Mid lower leg height 10kg	5kg

Source: HSE.gov.uk



Ten things to consider when lifting items

1. Assess before you handle or lift anything: your capability and the task itself
2. Adopt a good posture, maintain spine in natural curves
3. Avoid stooping. Stooping results in damage to discs, muscles and ligaments as they work at the end of their range
4. Adopt a stable base
5. Make sure you have a secure grip on the load
6. Avoid twisting as this damages discs, muscles and ligaments
7. Hold the load close
8. Use smooth, flowing movements to prevent injury
9. Handle tasks at low level with extra care
10. Avoid prolonged effort in a static position

Maximum force limits for pushing and pulling (UK)

Maximum recommended force to **stop/start** a load

Men: 20kg (approx. 200 newtons)

Women: 15kg (approx. 150 newtons)

Maximum recommended force to **keep** a load in motion

Men: 10kg (approx. 100 newtons)

Women: 7kg (approx. 70 newtons)

