TOOLBOX TALK #7

Vital GRP

Manual Handling

Prepare: Quiet location? No distractions? Talk aids ready?

Reason: In 2020/21 18% of all injuries at work were caused by manual handling. That's almost one in five.

Why: Get it wrong today and you will suffer the consequences tomorrow.

Outline: This talk will cover considerations and good techniques for manual handling.



Considerations when manual handling

- Always use mechanical handling methods instead of manual handling if possible e.g. forklifts or pallet trucks etc.
- Know your capabilities, only tackle jobs you can handle.
- Can you handle the load yourself, do you need assistance?
- Is there a clear walkway with good lighting to the work area?

Q: What checks should you carry out before lifting?

- Where possible, establish the weight of the load before lifting.
- Wear gloves to protect against cuts and punctures.
- Wear safety boots or shoes to protect from falling loads.
- Carry out a trial lift by rocking the load from side to side then try lifting it a small amount to get a 'feel' for it.

Q: What PPE should you wear and why?

Good Handling Technique

- Stand reasonably close to the load, feet hip width apart, one foot slightly forward pointing in the direction you are going.
- Bend your knees and keep you back straight

IOTES		

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NOTES

Manual Handling

•	Get a secure grip on the load	
•	Breathe in before lifting as this helps to support the spine.	
Q: De	scribe how you would lift an object safety.	
•	Use a good lifting technique, keep your back straight and lift using your legs.	
•	Keep the load close to your body.	
•	Do not carry a load that obscures your vision	
•	Lift slowly and smoothly.	
	nat checks should you carry out before ng off with a load?	
•	Avoid jerky movements	
•	Avoid twisting your body when lifting or carrying a load	
•	When lifting to a hei9ght from the floor do it in two stages	
•	When two or more people lift a load, one person must take control to co-ordinate the lift.	
	nen two or more people are lifting a loadshould happen?	
	to supervisor: Now inform your workforce of mpany policy regarding manual handling	
Do yo	u have any questions for me?	
Quest	cions for you	
	at should be your first consideration before al handling?	
	at should you do to help support your spine?	

Remember: Band manual handling techniques cause injuries

Sources Manual handling at work: Good handling technique - HSE indg143

Q: Name two hazards when lifting and carrying