

HAROLD



Bringing Military Standards to Safety in the Workplace

MANUAL HANDLING



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PRESENTATION

- ❑ How injuries occur
- ❑ Importance of lifting correctly
- ❑ Practical demonstration
- ❑ Delivering of learning



Background

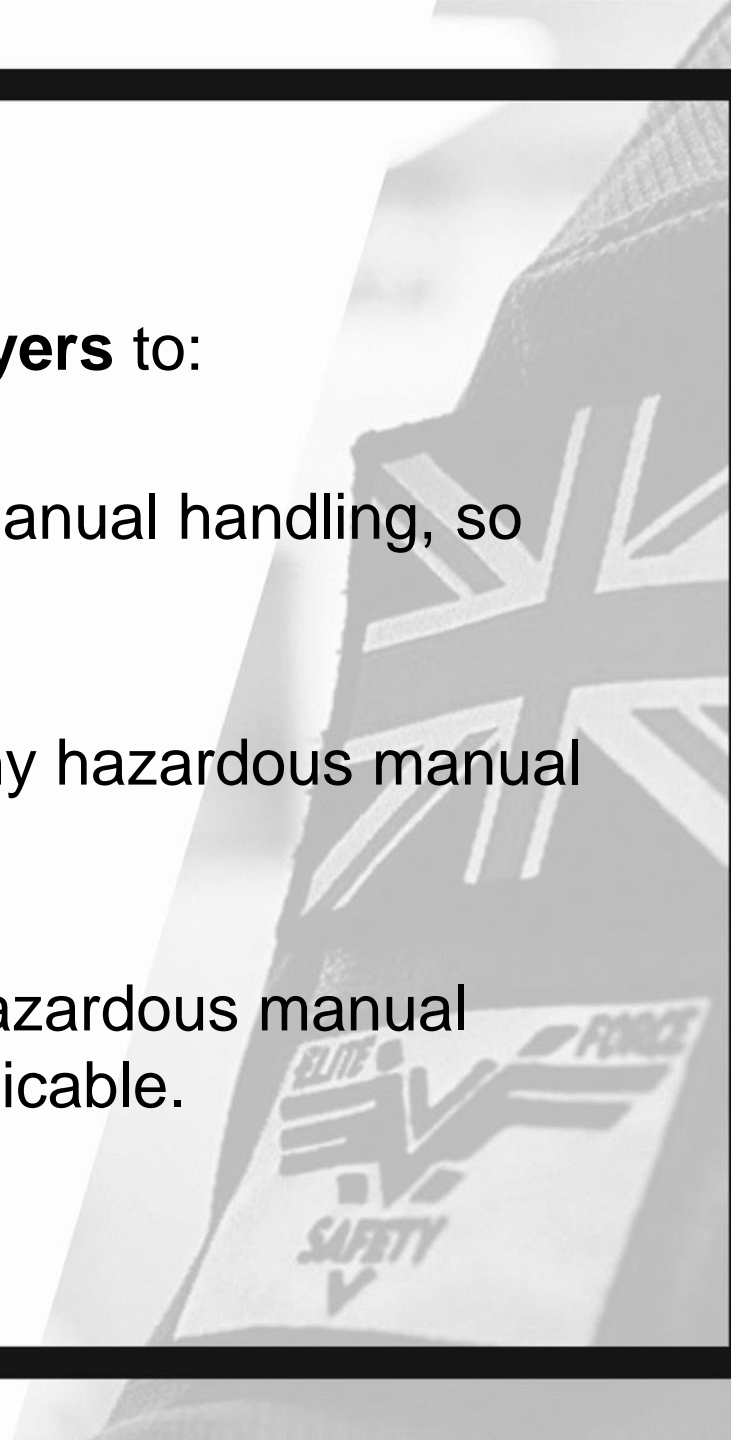
- ▣ Health and Safety at Work Act 1974
- ▣ Manual Handling Regulations 1992
(Revised 2002)

Places duties on both the employer and the employee.



The current regulations require **employers** to:

- **Avoid** – the need for hazardous manual handling, so far as is reasonably practicable.
- **Assess** – the risk of injury from any hazardous manual handling that cannot be avoided.
- **Reduce** – the risk of injury from hazardous manual handling, so far as is reasonably practicable.



Employee's duties – they should:

- Follow appropriate safe systems of work laid down for their safety.
- Make proper use of equipment provided for their safety
- Co-operate with their employer on **H&S** matters.
- Inform their employer of any hazardous manual handling activities.
- Take care to ensure that their activities do not put others at risk

PREVIOUS TRAINING?

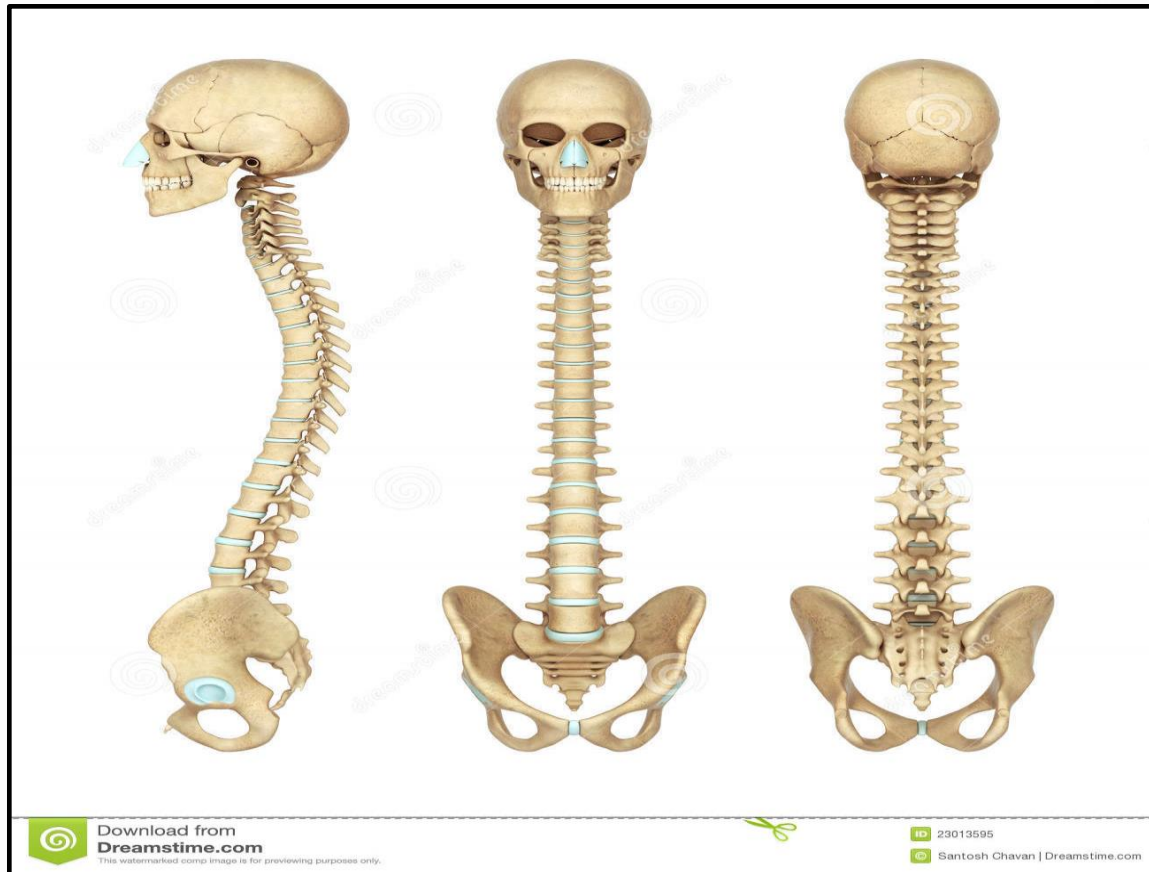


HOW ?

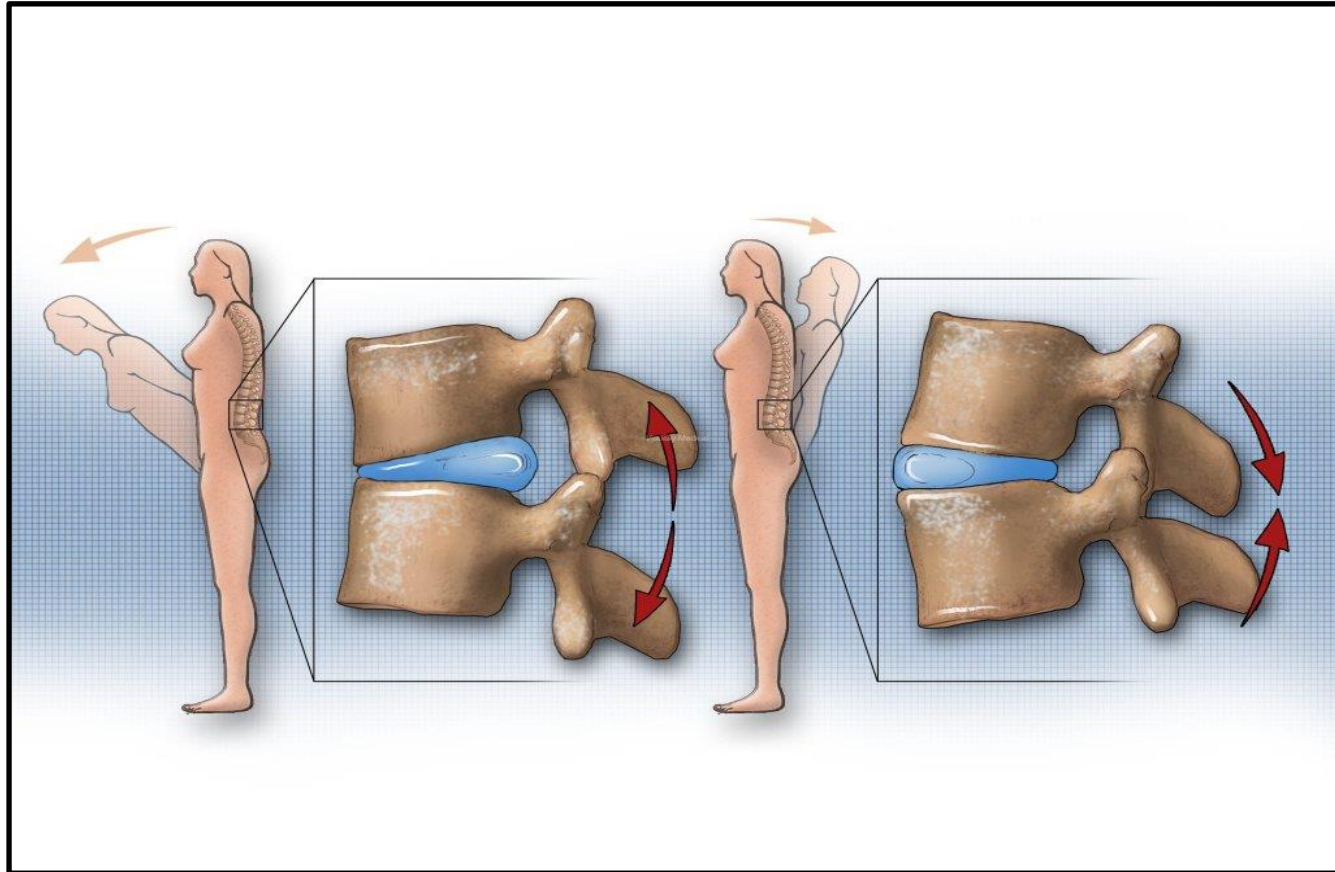


Eddie Hall

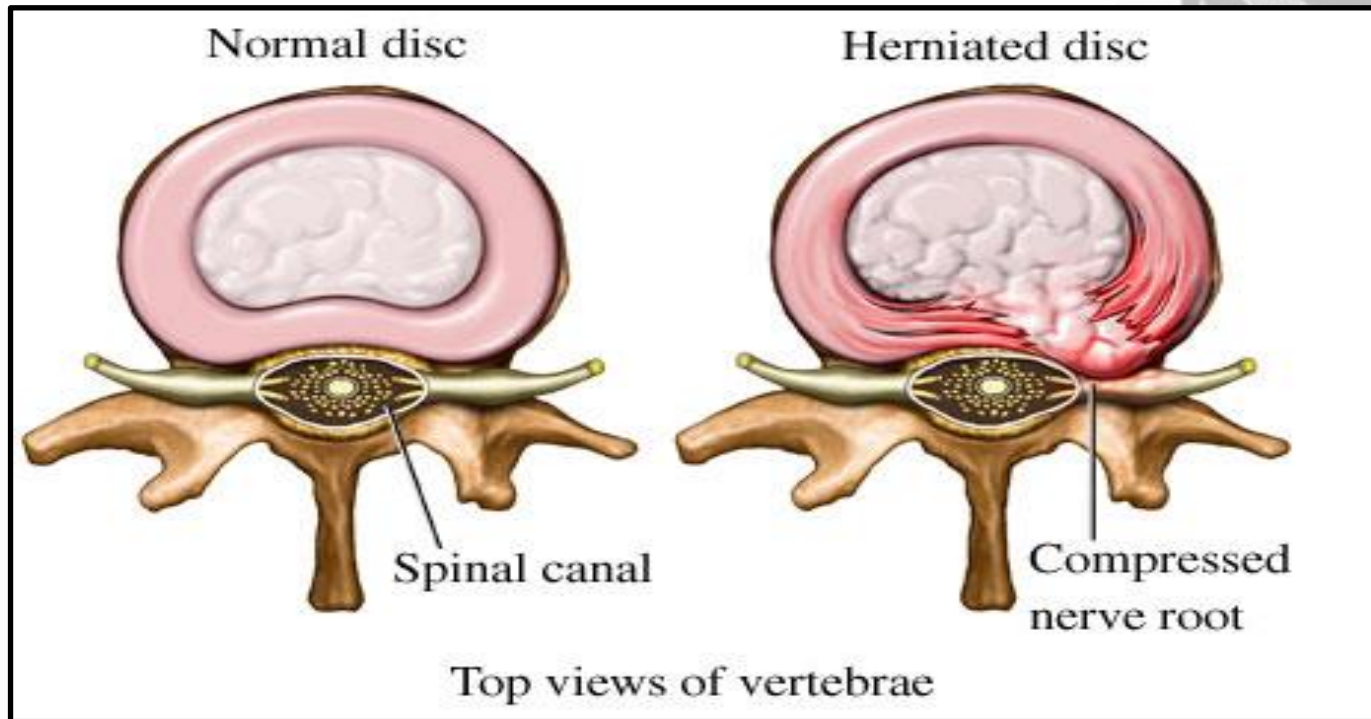
HOW INJURIES OCCUR



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PROLONGED POOR POSTURE



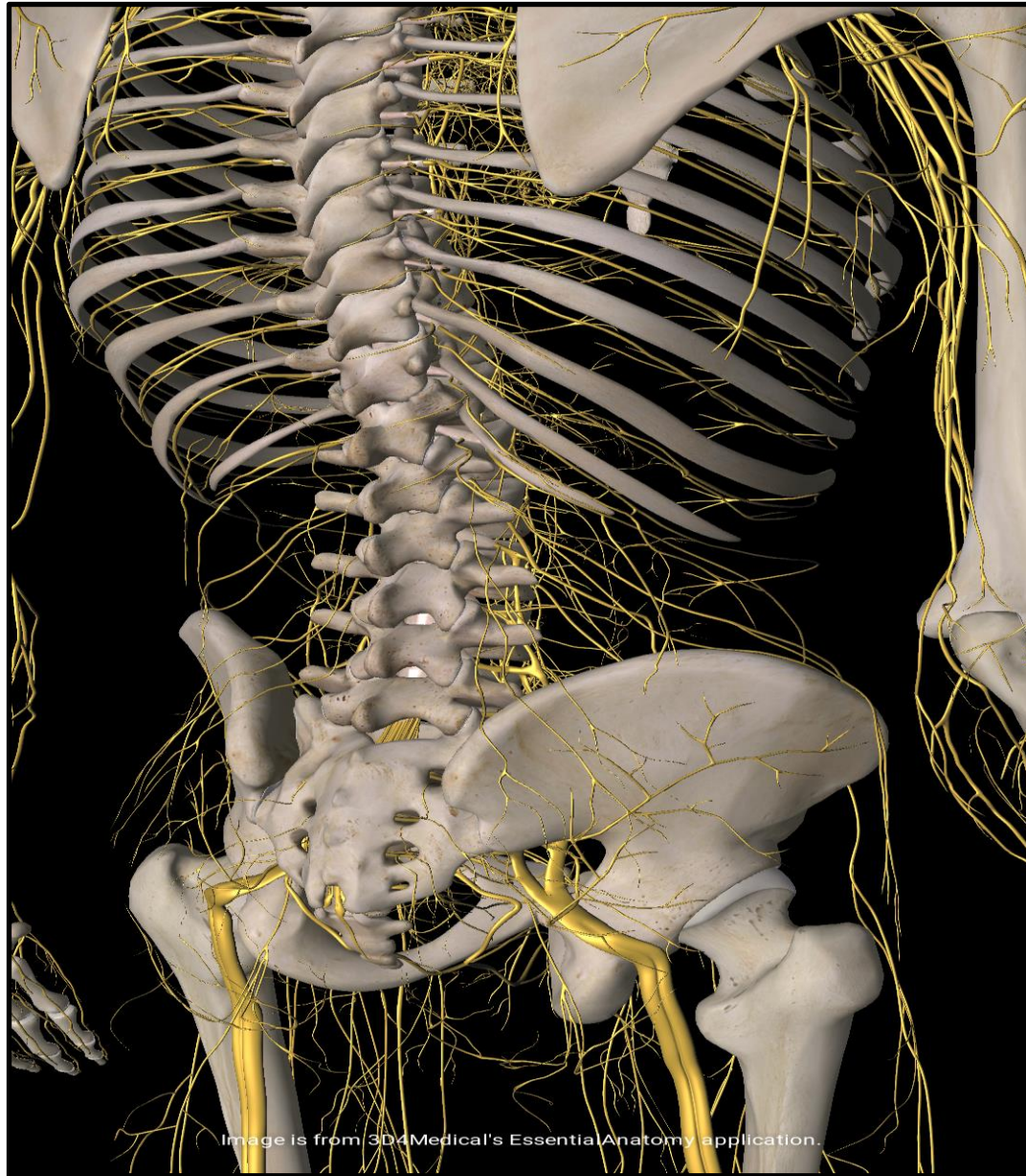
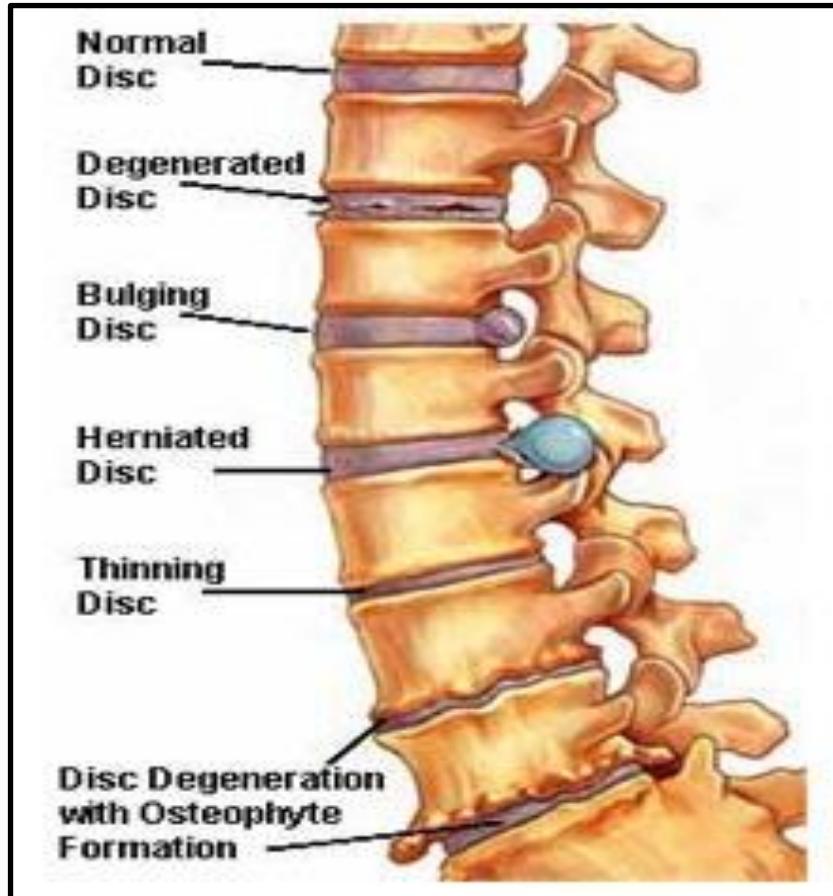


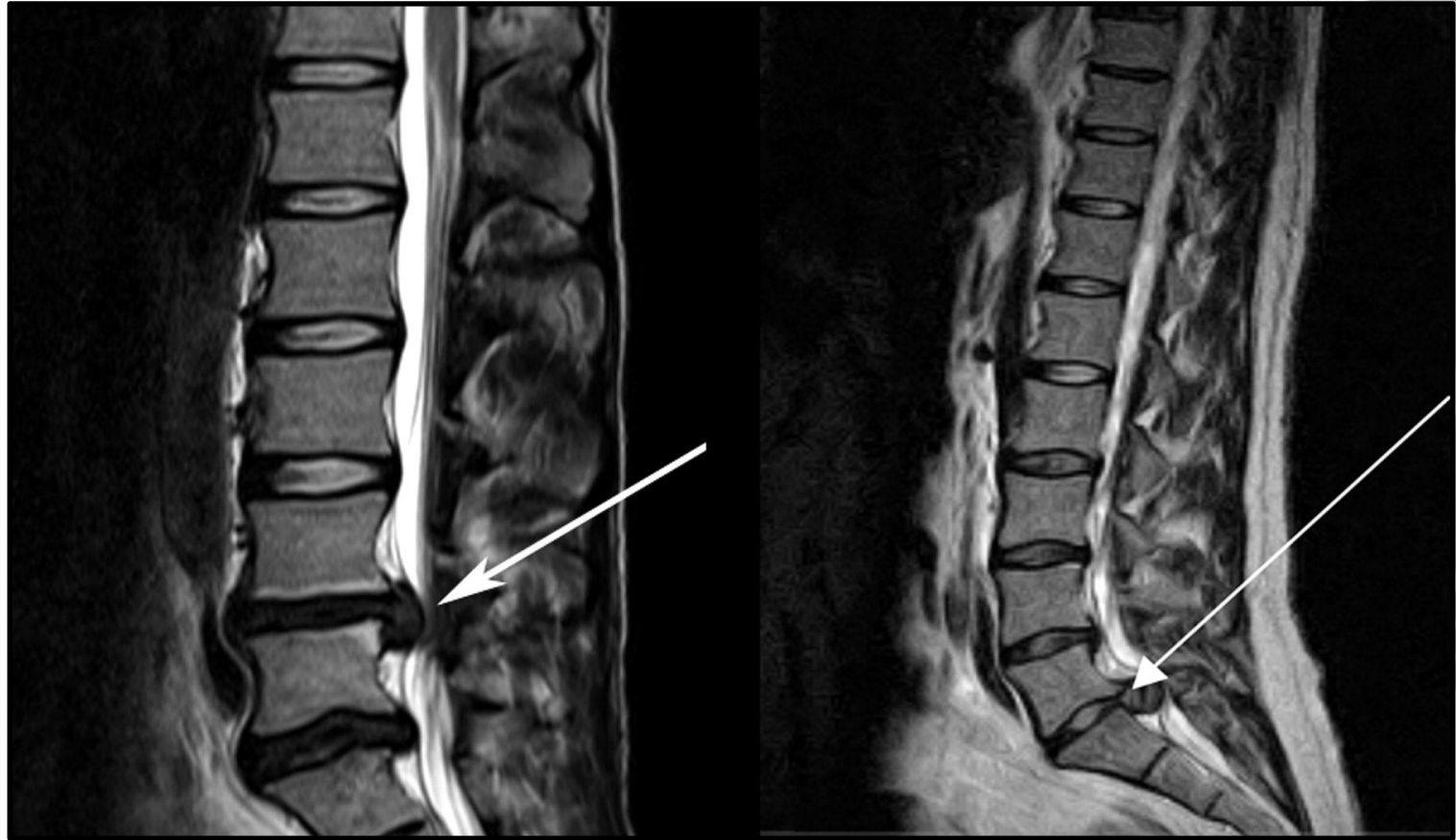
Image is from 3D4Medical's Essential Anatomy application.



DISC PROBLEMS



HERNIATED DISK



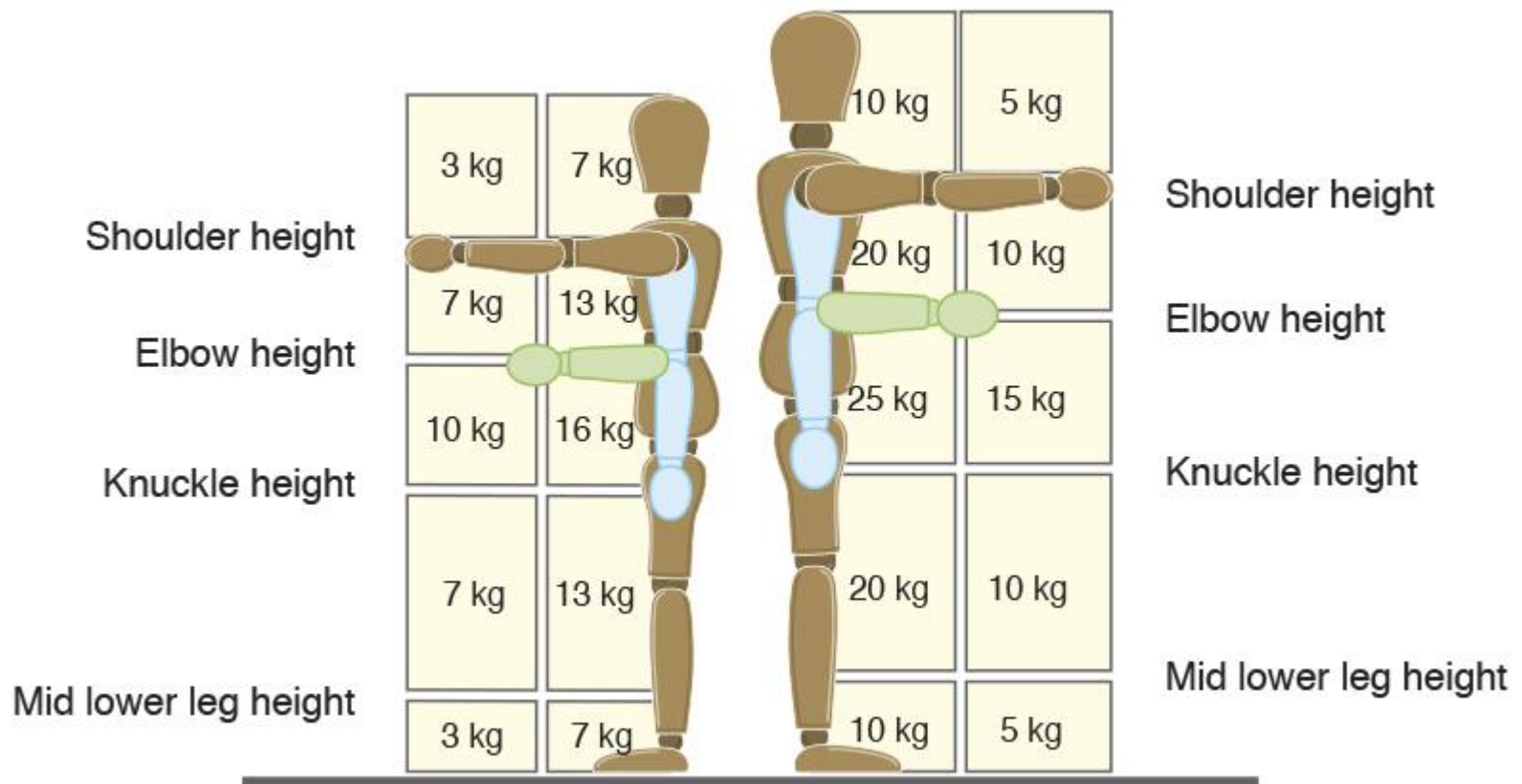
LUMBAR FUSION



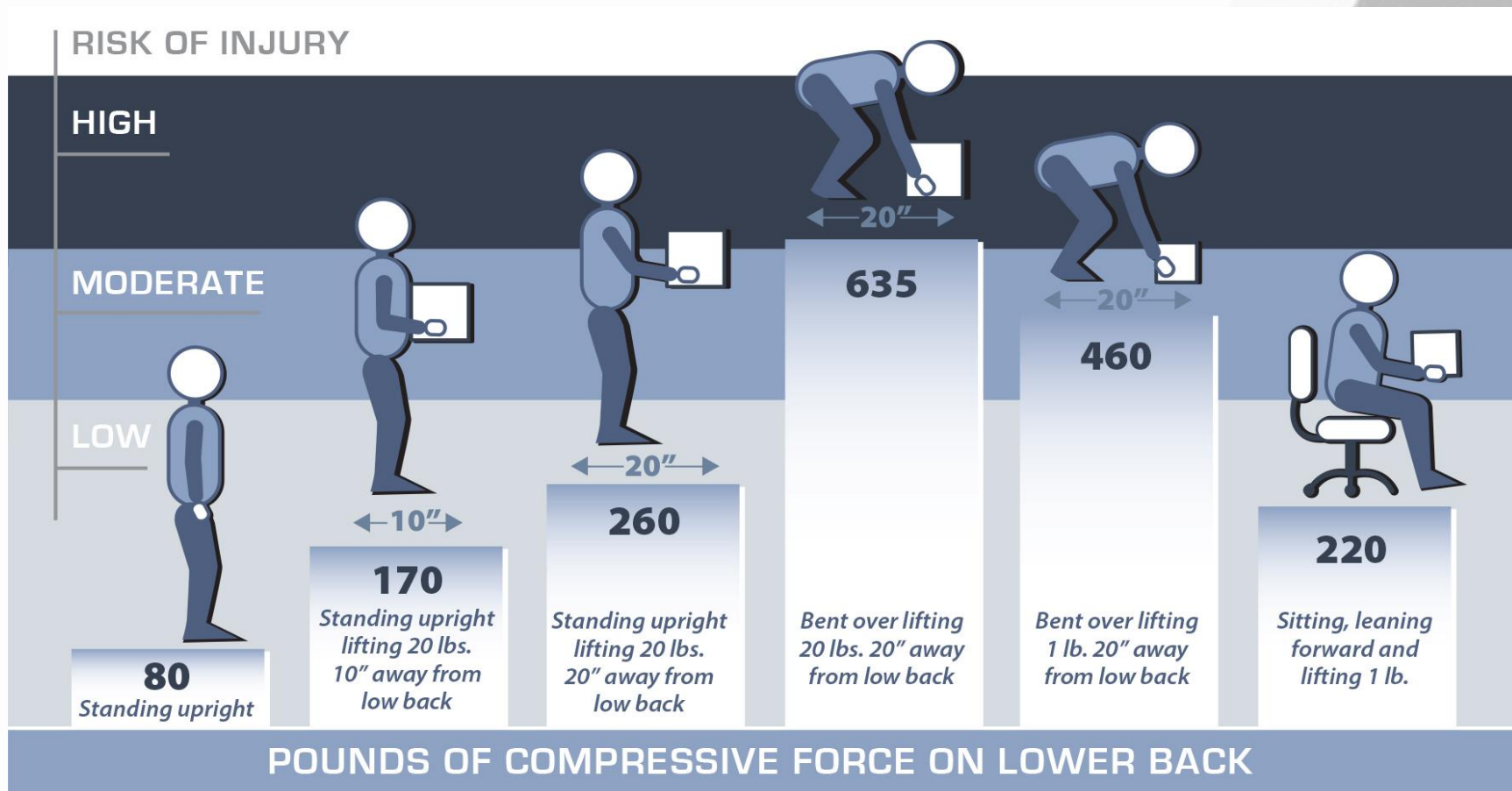
QUESTIONS



What is the maximum weight you can lift?



All items can cause injury !!!



WHAT IS MANUAL HANDLING?

- ❑ Lifting
- ❑ Lowering
- ❑ Carrying
- ❑ Throwing
- ❑ Pushing and pulling



T.I.L.E

- Task (Assess)
- Individual (Assess)
- Load (Assess)
- Environment (Assess)



Three C's for Team Lifting

- Communication
- Cooperation
- Coordination

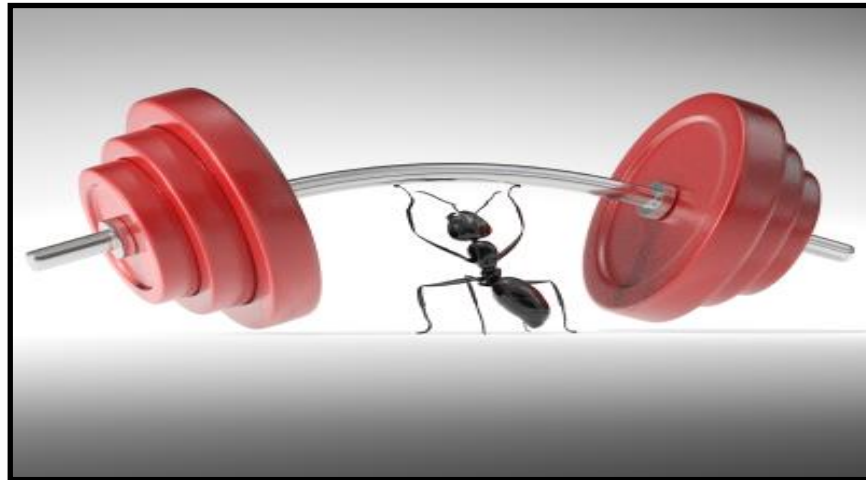




QUESTIONS?



BE SEEN TO ALWAYS LIFT
IN THE GREEN!!!





FIGHTING STANCE

**STRONG,
STABLE
POSITION**



GREEN

**ALL WEIGHT
TO BE
BETWEEN
YOUR FEET**

ZONE

LIFT WITH YOUR BIG MUSCLES

PUSH THE GROUND DOWN



MOVE YOUR FEET

**AVOID
TWISTING**



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Showreel: https://www.youtube.com/watch?v=kkB_SKF5-zg

YouTube Channel

<https://www.youtube.com/@eliteforcesafety>

<https://www.youtube.com/channel/UCR6zefpSW1jjIzfOwk3NkDw>

<https://www.youtube.com/channel/UCR6zefpSW1jjIzfOwk3NkDw/videos>

QUESTIONS?

