

Manual Handling Training

Call 01 53 40 999

Overview

'Common sense isn't that common'

Manual handling training needs to be specific to the tasks involved. It should aim to ensure that employees understand the reasons for doing the job with least risk, that they can recognise the risks and decide the best way to go about it and can perform the task in that way.

'Many hands make light work'



'The lazy mans load'



Seek assistance with heavy loads

BODY

Discs

vertebra ← disc →

disc ← under load →

Prevent Injuries

Bulging disk puts pressure on the nerve

Herniated disk puts pressure on the nerve

**Hydrate
Eat Healthy
Exercise**

Back your Back

Sciatica

Lateral (Side) Spinal Column

Posterior (Back) Spinal Column

Spine

Cervical

Thoracic

Lumbar

Sacrum

Coccyx

Law

Guide to the Safety, Health and Welfare at Work (General Application) Regulations 2007
Chapter 4 of Part 2: Manual Handling of Loads

Regulation 69(c) requires that a risk assessment be carried out on all work tasks which involve manual handling activity.

Step 1: Identify the manual handling tasks that need to be assessed

Step 2: Develop a risk assessment schedule

Step 3: Carry out the risk assessment process

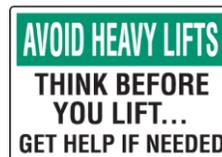
- Task observation and description
- Collect task data
- Identification of the risk factors
- Solution development and action plan

Step 4: Review the effectiveness of the control measures or solution

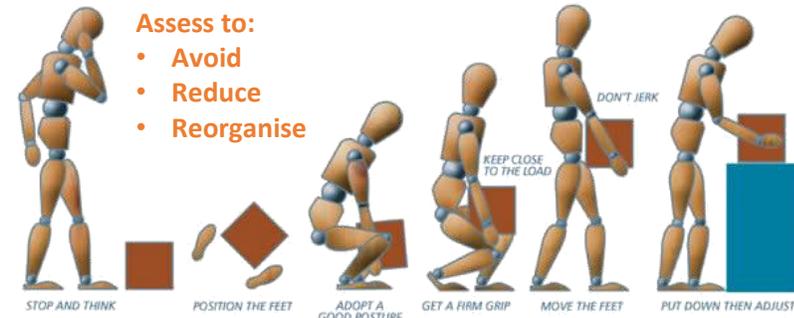


Technique

"manual handling of loads" means any transporting or supporting of a load by one or more employees and includes **lifting, putting down, pushing, pulling, carrying or moving a load**, which, by reason of its characteristics or of unfavourable ergonomic conditions, involves risk, particularly of back injury, to employees.



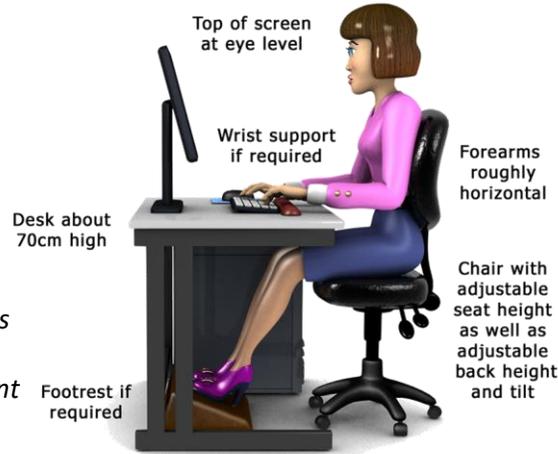
Safety Squad.ie



The Law

The Safety, Health and Welfare at Work, (General Application) Regulations 2007, Chapter 5 of Part 2 outline the requirements that must be adhered to in relation to Display Screen Equipment.

Regulation 71 (d) states that *"this Chapter does not apply to... portable display screen equipment not in prolonged use at a workstation"*

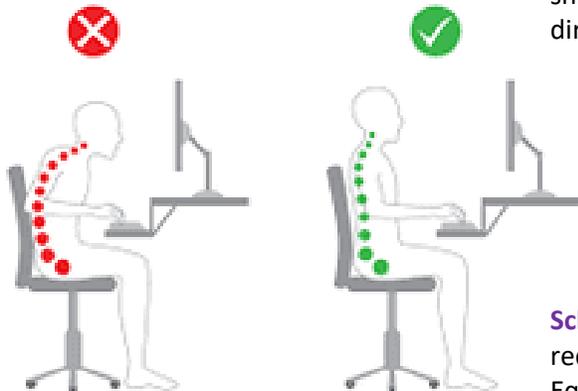


Duties

As an employer there are a number of duties set down in this regulation, the key requirements are to:

- Carry out an analysis or risk assessment of employee workstations
- Provide information to employees in relation to measures which have been implemented
- Provide training to employees in the use of workstations with display screen equipment and whenever the organisation of the workstation is modified
- Perform a further analysis or risk assessment where an employee transfers to a new workstation or significant new work equipment, change of equipment or new technology is introduced
- Ensure that the provision of an appropriate eye and eyesight test is made available to every employee

Posture



A laptop does not have a separate keyboard and a user should not work on the laptop directly for long periods of time



Schedule 4 details the minimum requirements for all Display Screen Equipment

Risk Assess

There are four stages in the risk assessment process:

- Stage 1:** Initial consultation with the employee
- Stage 2:** Observation of the employee working at the computer workstation
- Stage 3:** Identify the issues that need to be addressed
- Stage 4:** Review the implementation of the action plan

A competent person must carry out the risk assessment of an employee's workstation.

Document analysis

Environment (space requirements, lighting, radiation, noise, heat and humidity). Employee computer interface

