

# Manual Handling

- Manual handling injuries are very common and very easily avoided. A manual handling injury is not just straining your back, but might include dropping things on your feet or crushing and cutting your fingers with the load.
- Whenever possible use mechanical means to lift or carry equipment.
- If you do need to lift something, assess the load first, if you don't think you can lift it, **ask for help**.
- Remember to bend your knees and use the power in your legs to lift the load. Your legs are much stronger and less prone to injury than your back.
- Hold the load close to your body, this reduces the strain on your back and shoulder muscles.
- Where are you taking the load? Can you get there safely and can you put the load down? Check before you pick the load up! Make sure you have a good grip on the load, try to avoid holding things by just 'fingertips'. If the load has sharp or jagged edges make sure you are wearing gloves to prevent your hands getting cut.
- Try to avoid twisting your body when you are carrying a load, not only does this put a lot of strain on your back but it can also affect your balance which may in turn cause other injuries like twisted ankles.
- If more than one person is lifting make sure everyone is ready before you lift

## **Did you know?**

All piling companies have minor injuries caused by lifting, carrying, pushing or pulling equipment, materials and tools.



**Q : What is a manual handling injury?**

**Q : How should you lift things?**

**Q : 'What can twisting your body do?**