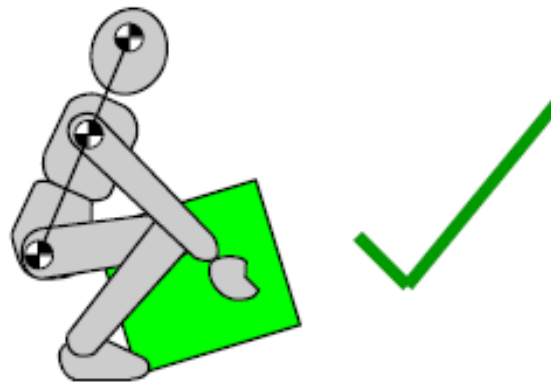


Toolbox Talk – Manual Handling



Why a talk on manual handling?

- **Because it's one of the major causes of injury in New Zealand workplaces**
- **Because it's effects can last a lifetime**



How to minimise risk

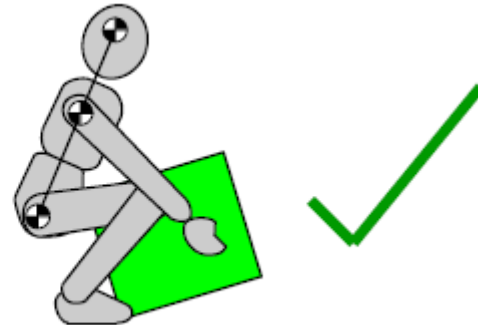
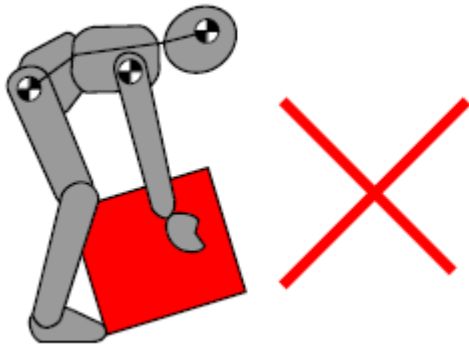
- **Avoid manual handling!**
- **Mechanise the task if possible**
- **Break the load down into smaller items if possible**
- **Get someone else to help you with the lift**
- **Warm-up before you carry out any manual handling
(A lot of our injuries occur first thing of after a break)**
- **Ensure where you are going to walk is free from obstructions**
- **Wear gloves if necessary**

Key principles of safe handling

- **Assess the weight before you lift it!**
- **Maintain a natural upright posture**
- **Create a good stable base with your feet**
- **Always use the large leg muscles**
- **Keep the load close to your body**
- **Do not twist while you're carrying the load**

Good handling technique

- **Stand reasonably close to the load, feet hip-width apart, one foot slightly forward pointing in the direction you're going.**
- **Bend your knees and keep your back straight.**
- **Get a secure grip on the load.**



Good handling technique

- **Breathe in before lifting as this helps to support the spine.**
- **Use a good lifting technique, keep your back straight and lift using your legs.**
- **Keep the load close to your body.**

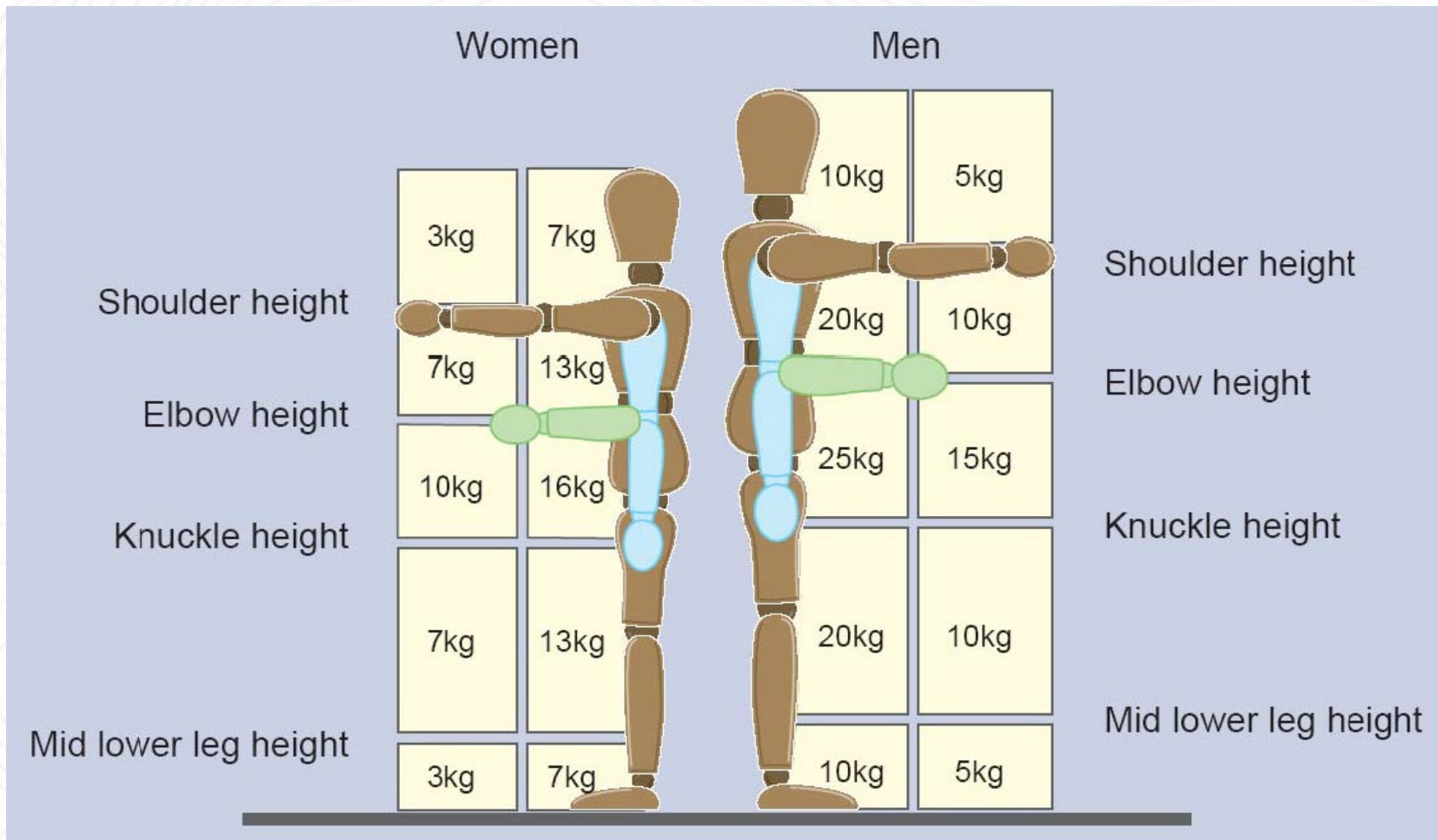


Place your feet in the direction of travel

Good handling technique

- **Don't carry a load that obscures your vision.**
- **Lift slowly and smoothly.**
- **Avoid jerky movements.**
- **Avoid twisting your body when lifting or carrying a load.**
- **When lifting to a height 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.**

A guide on lifting weight



Summary

- **Don't struggle**
- **The maximum weight you should be lifting is that which is comfortable for you**
- **Check the load before you lift it – not just for the weight but also to assess the centre of gravity and to check for any sharp objects or protrusions**
- **Use leg power not arm power.**
- **Don't trigger months of back pain by being too proud to ask for some help.**



**Thanks to Safequarry.com in the UK for
this information.**

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