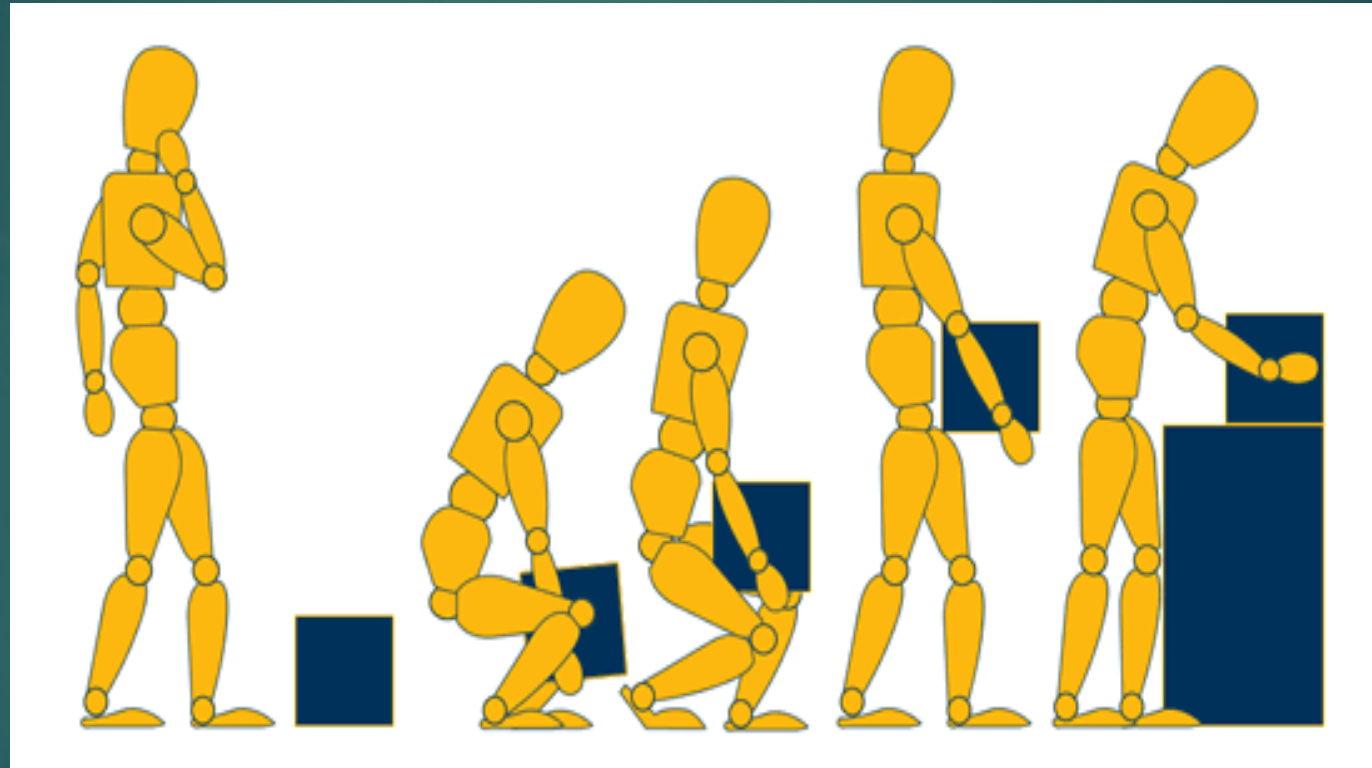


Manual Handling



What is manual Handling?

Supporting or Transporting loads by bodily force



Lifting Up



Putting Down



Pushing

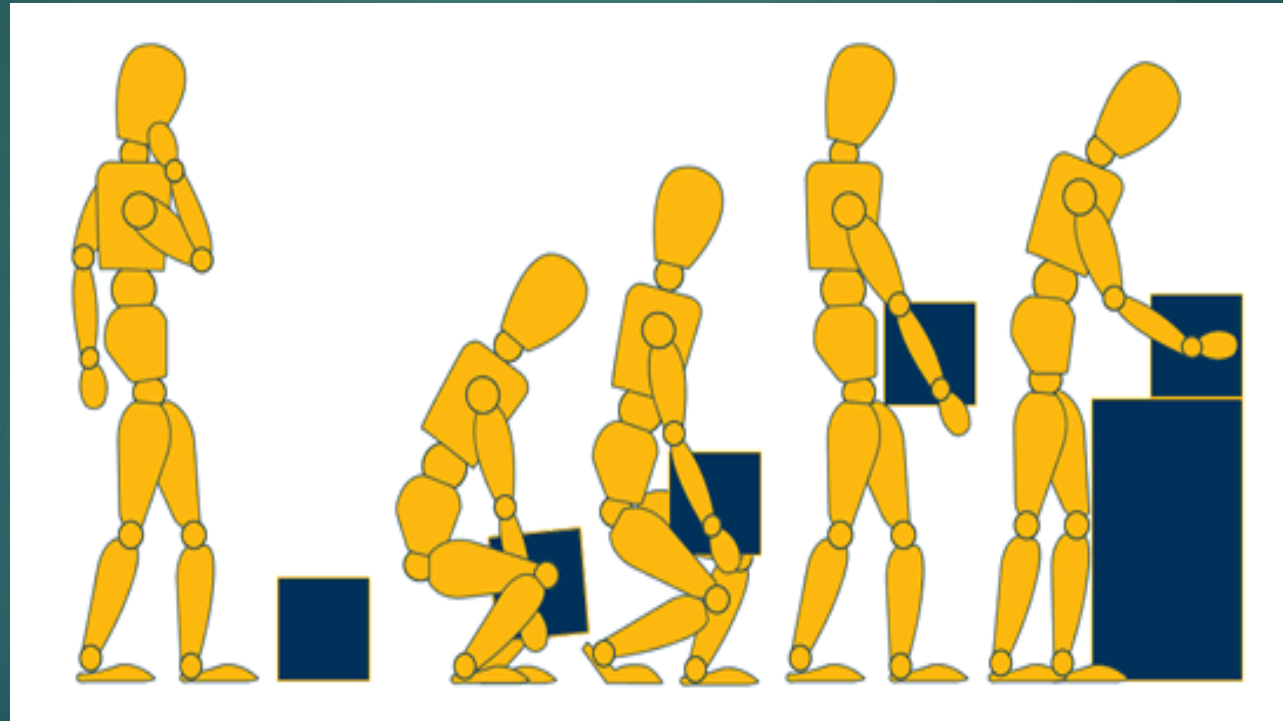


Pulling



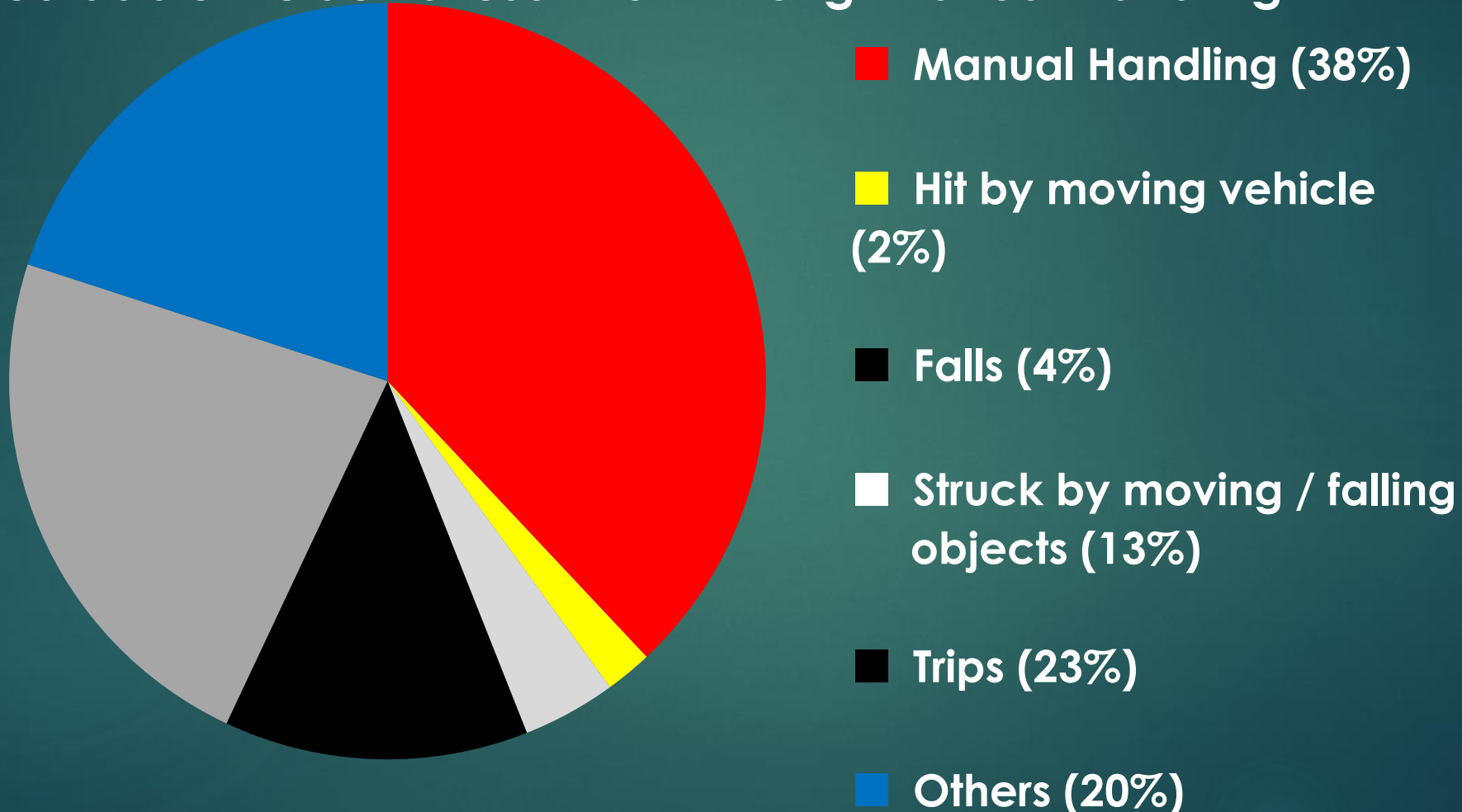
Carrying
& moving

Cost of wrong Manual Handling?



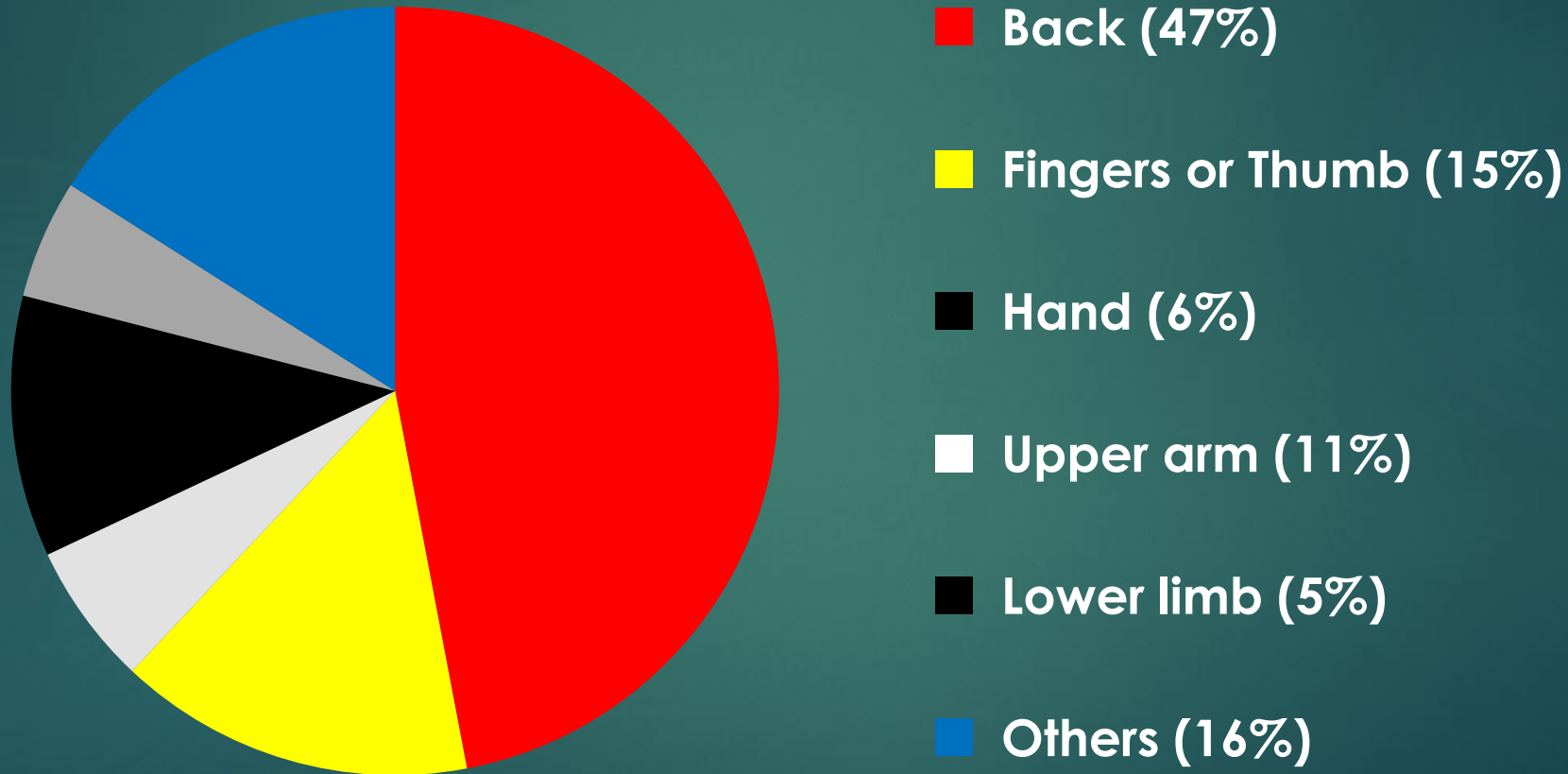
Cost of wrong Manual Handling

38% of Recordable incidents result from wrong Manual Handling



Cost of wrong Manual Handling

Effects on body parts



Cost of wrong Manual Handling

7 فقرات عنقية

12 فقرة صدرية

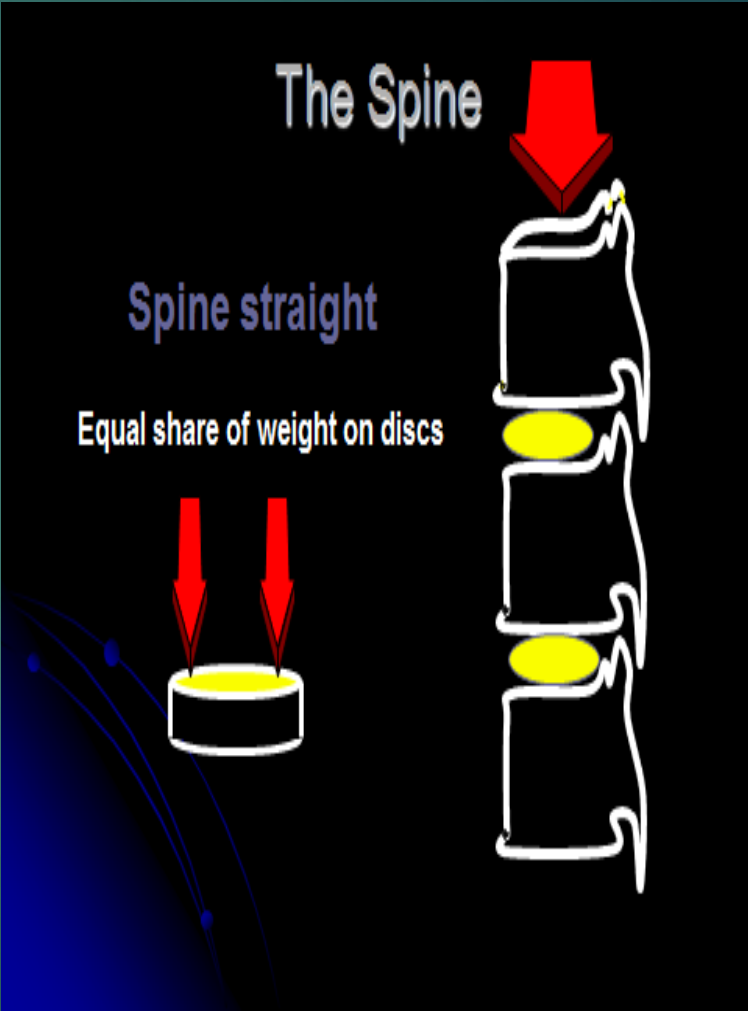
5 فقرات قطنية

العجز

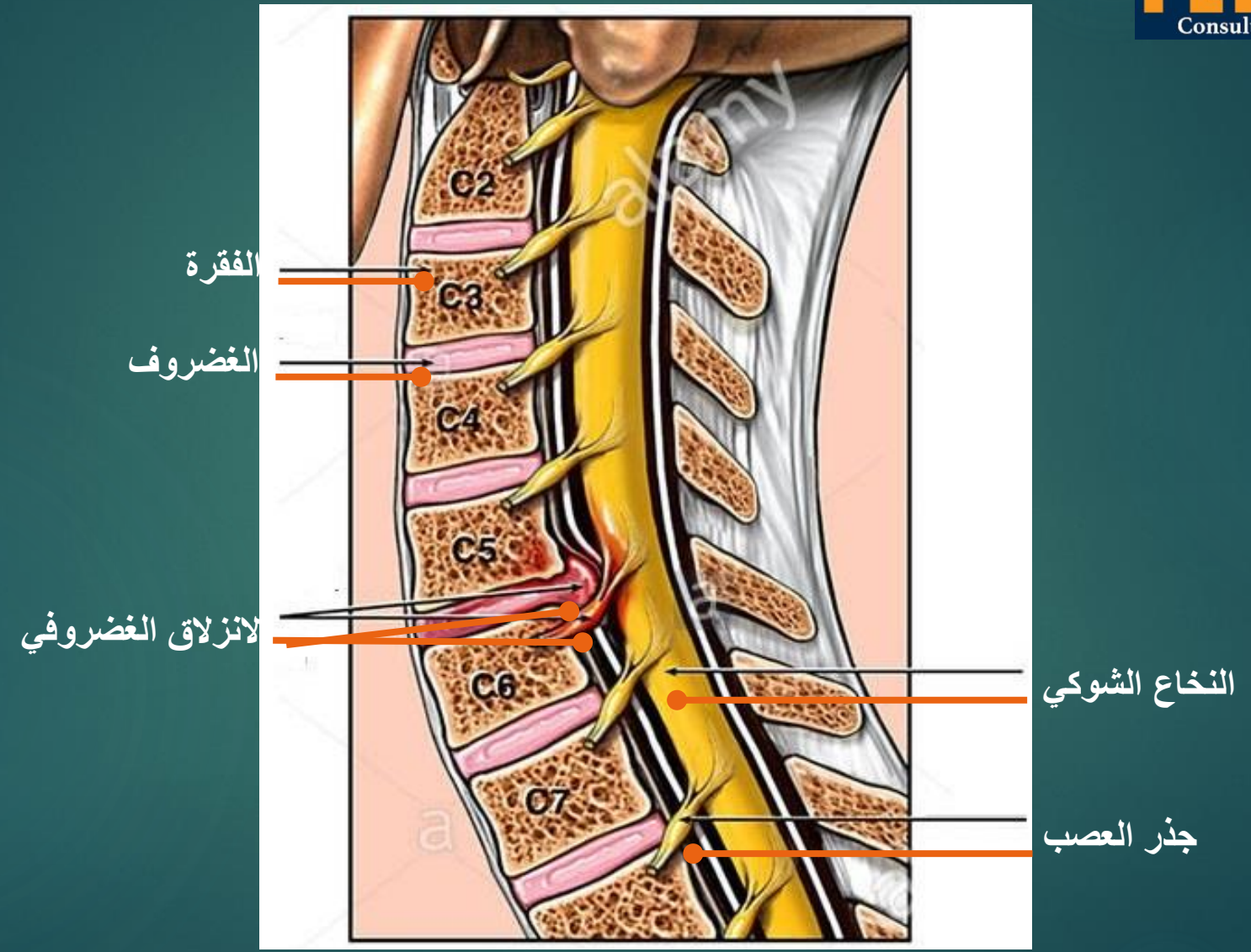
العصعص



Cost of wrong Manual Handling



Cost of wrong Manual Handling



Why wrong Manual Handling?

Root cause:

- Reluctance of people to seek assistance
- Lack of knowledge



Basic Principles

1. Avoid Manual Handling



Basic Principles

2. Use mechanical handling aids



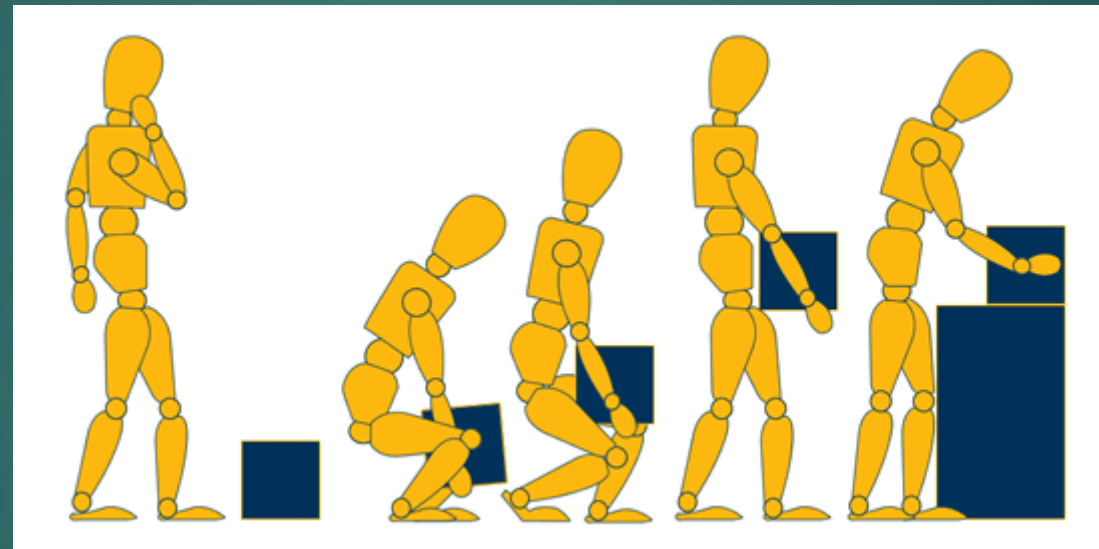
Basic Principles

3. Risk control

- ▶ How far must I reduce the risk?
- ▶ Training **ONLY** will not help!



Manual Handling Guidelines



Manual Handling Guidelines

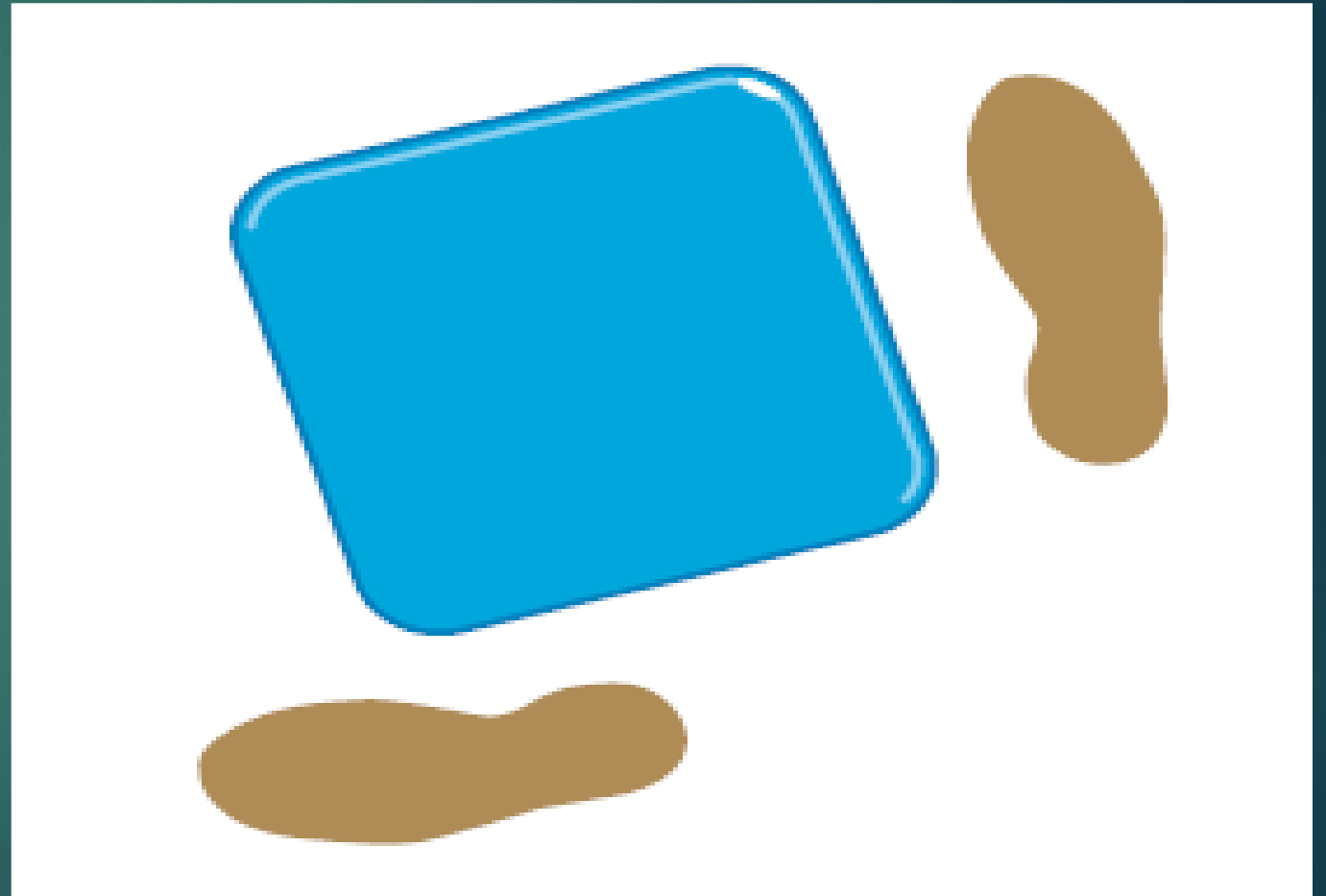


The Kids Are Alright

1. Plan



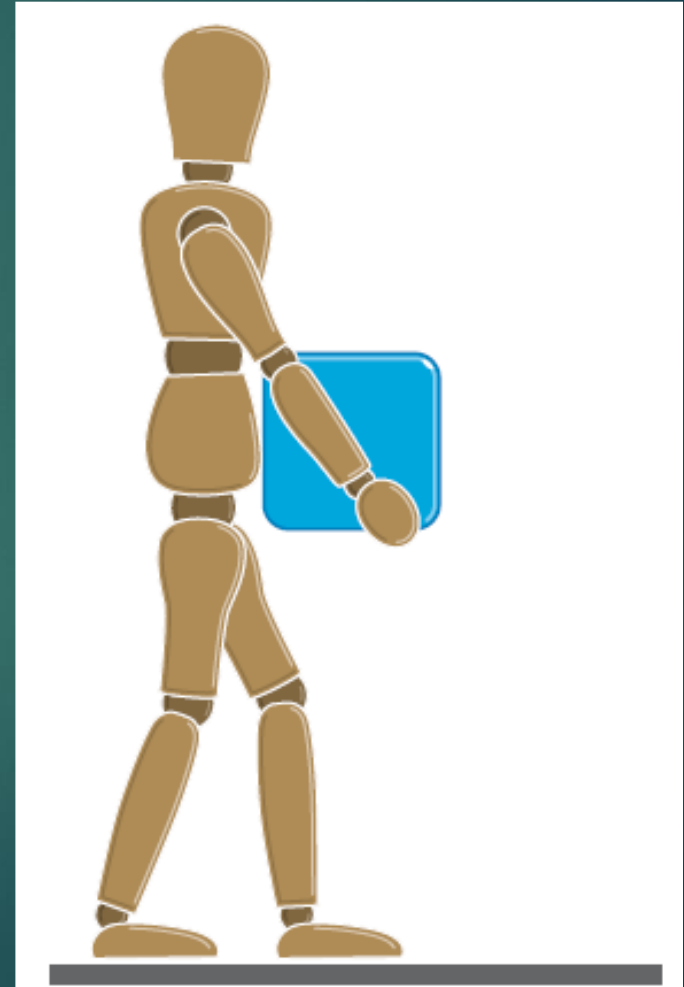
1. Plan
2. Position yourself



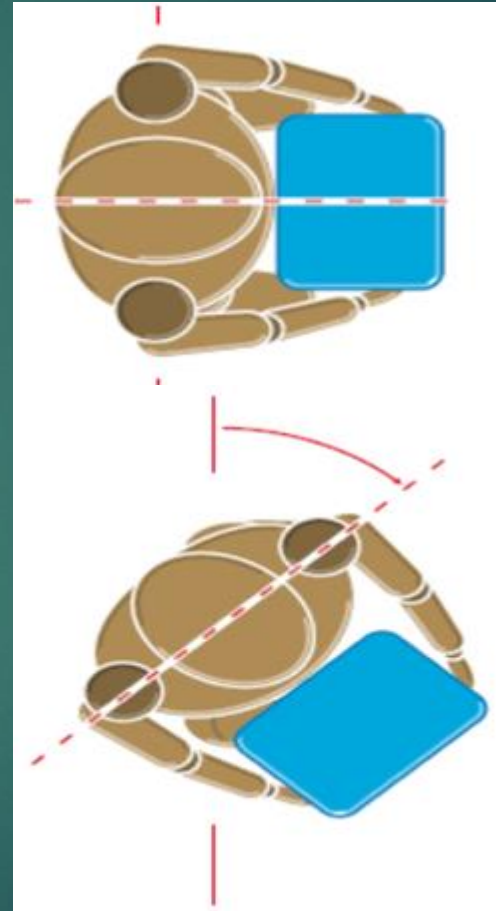
1. Plan
2. Position yourself
3. Good posture
4. Good hold
5. Keep your back straight



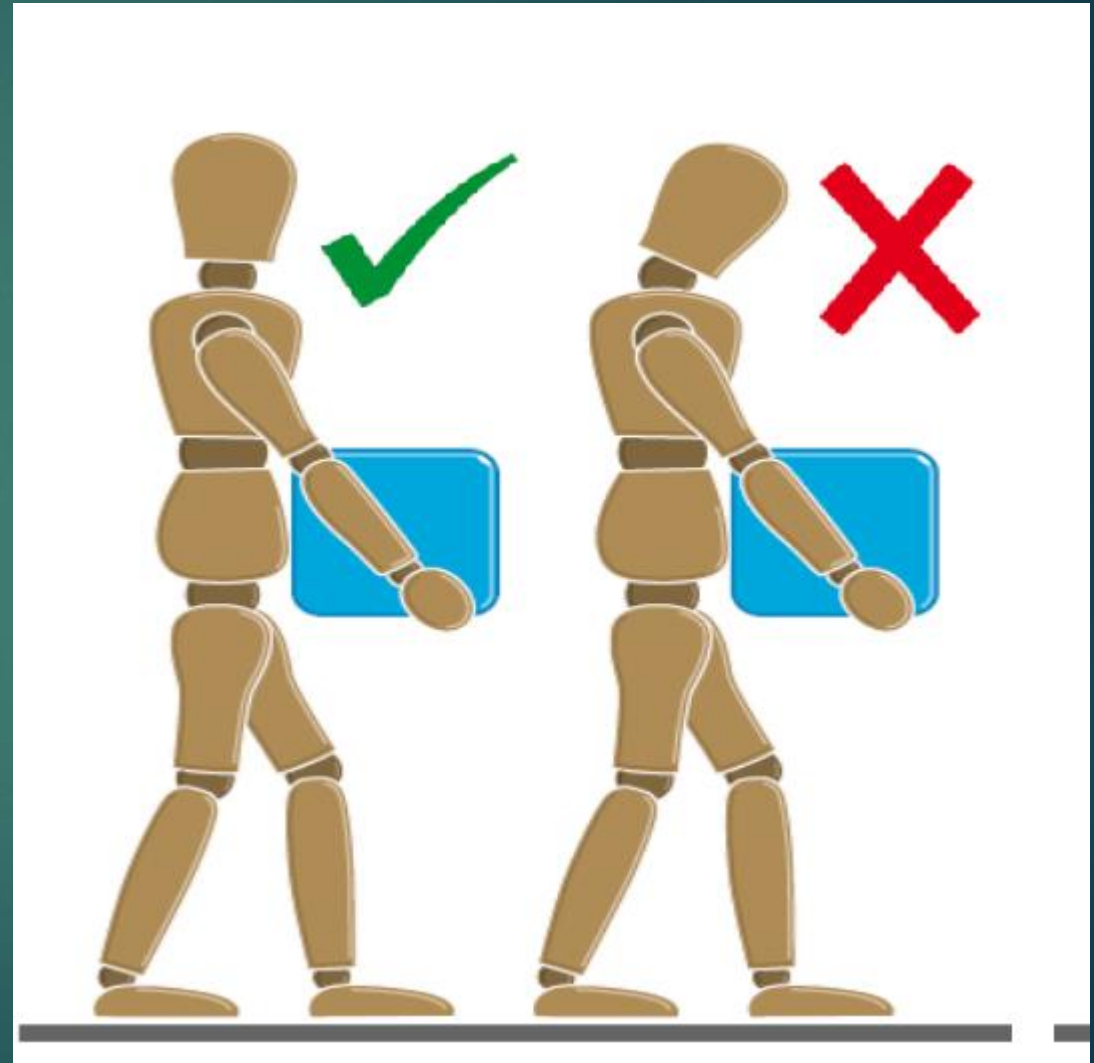
1. Plan
2. Position yourself
3. Good hold
4. Good posture
5. Keep your back straight
6. Keep the load close



1. Plan
2. Position yourself
3. Good hold
4. Good posture
5. Keep your back straight
6. Keep the load close
7. No twist



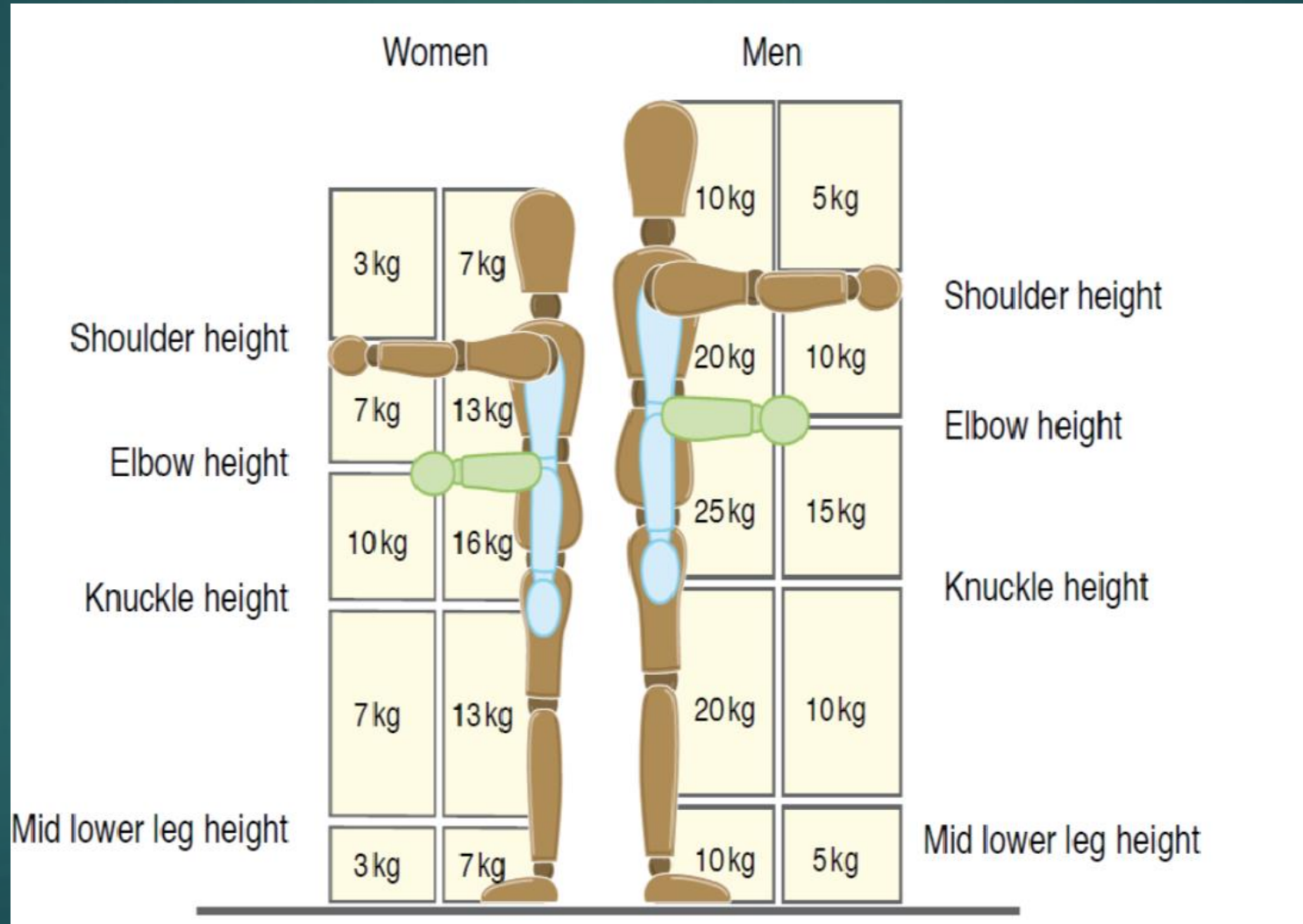
1. Plan
2. Position yourself
3. Good hold
4. Good posture
5. Keep your back straight
6. Keep the load close
7. No twist
8. Keep head up
9. Move smoothly



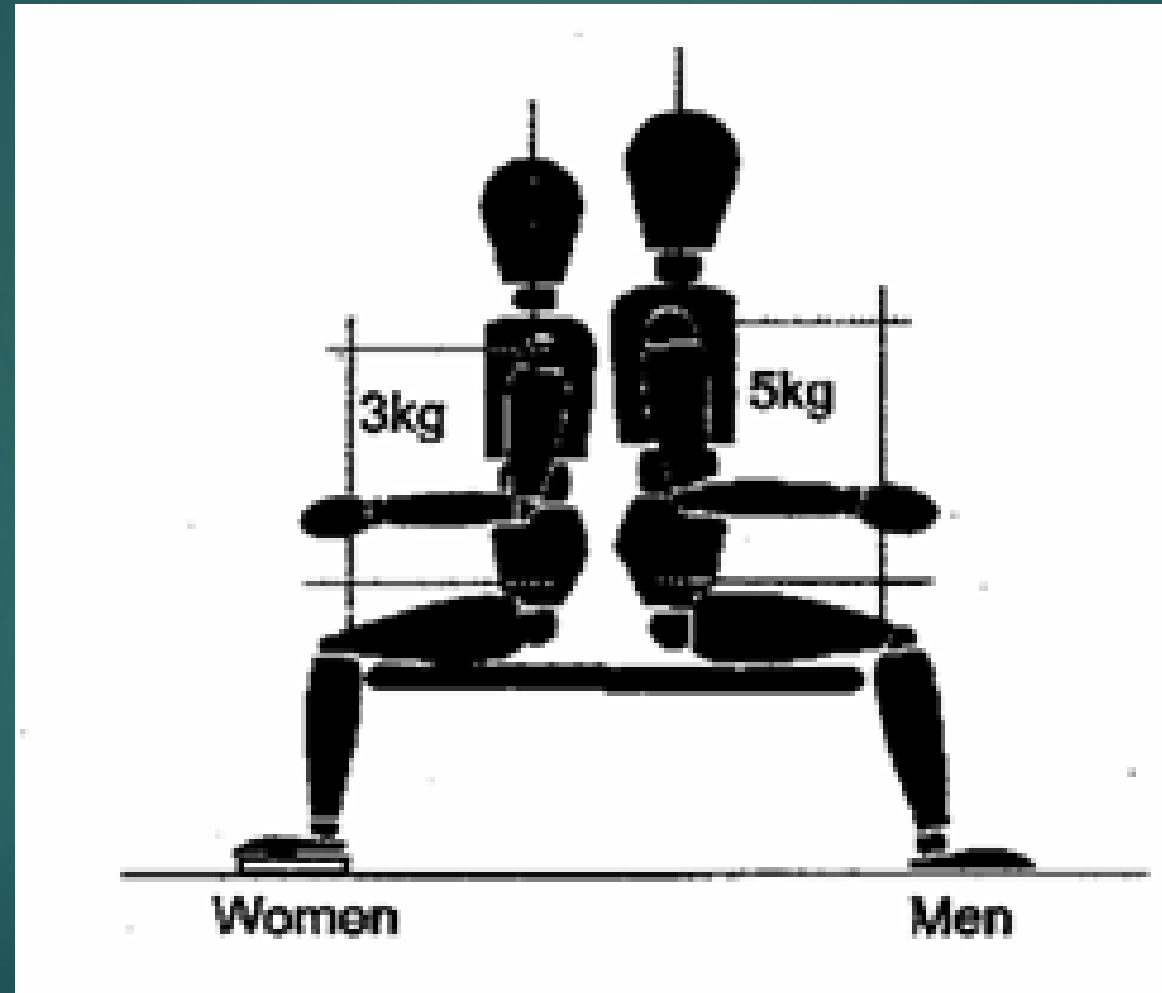
1. Plan
2. Position yourself
3. Good hold
4. Good posture
5. Keep your back straight
6. Keep the load close
7. No twist
8. Keep head up
9. Move smoothly
10. Unload then reposition



Maximum Weight to Handle Safely



Maximum Weight to Lift Safely



Pushing & Pulling

Handling Device

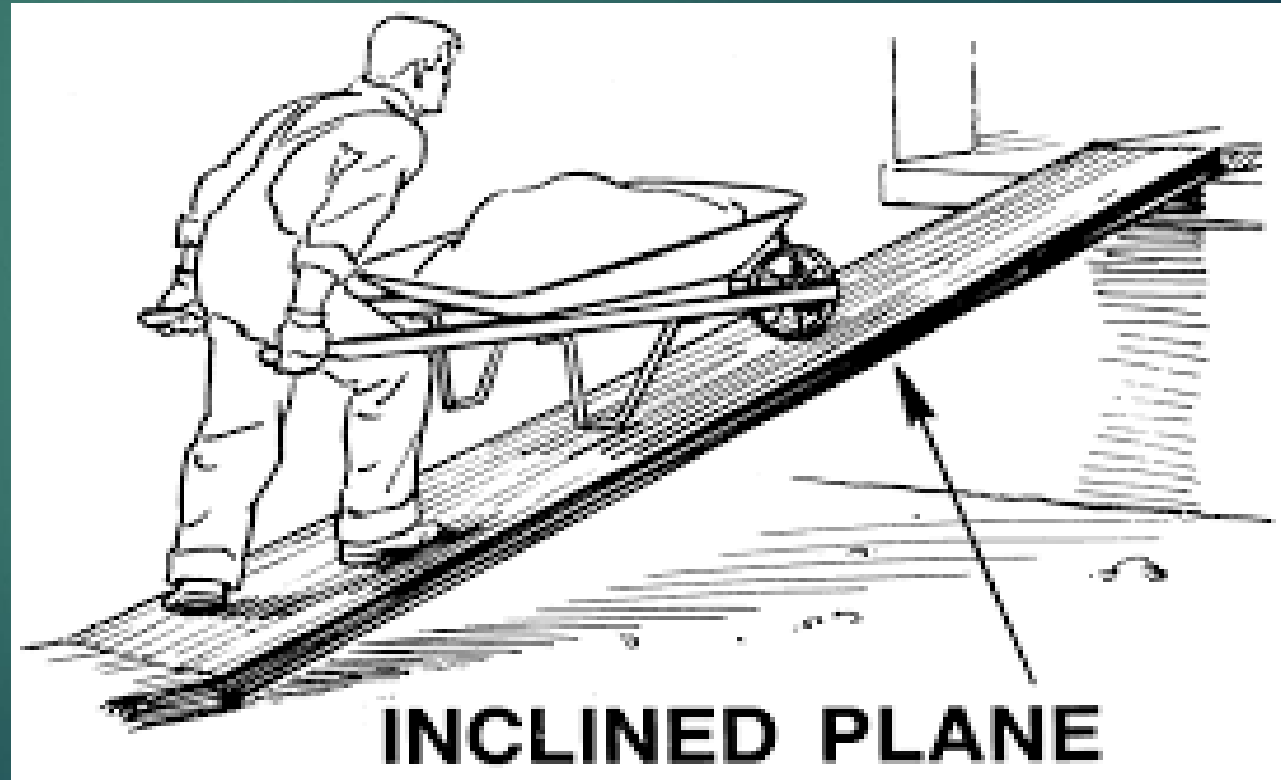
Uneven surfaces adds 10% to required force



Pushing & Pulling

Handling Device

Slopes adds 15% per 10°



Risk Assessment

Areas to consider

1. Task
2. Load
3. Working environment
4. Individual capacity
5. Handling aids
6. Work organization



Thank You!

