



# **15 Minute Safety Presentation**

## **Manual Handling**

## 15 MINUTE SAFETY PRESENTATION – MANUAL HANDLING

### INTRODUCTION

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It has been estimated that manual handling injuries account for between 25% and 40% of most workplace injuries. Almost every occupation includes some manual handling which means that we are all at risk of manual handling injuries. It's essential that we know how to prevent them.

### LEARNING OUTCOMES

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By the end of this presentation you will understand:

- what manual handling is;
- the different types of manual handling injuries;
- the common causes of manual handling injuries;
- how to reduce manual handling; and
- safe manual handling methods.

### MANUAL HANDLING

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Before we begin to look at manual handling injuries and their causes it is important that we clearly understand what we mean by the term "manual handling". Manual handling is any task where people physically move, handle or shift materials and objects.

Examples of manual handling include:

**Lifting, pushing, pulling, carrying, sliding**, stacking or a combination of all of them.

### MANUAL HANDLING INJURIES

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Incorrect manual handling can result in a range of injuries and illnesses. Some injuries can occur immediately while others may develop over extended period. Some injuries can be minor and have no long-term lasting effects while others can be severe and permanently disabling.

**Back injuries** - damage to the spine, ligaments and muscles. These types of injury can be very painful and are often permanent.

**Abdominal hernia** - tears in the weak points of the muscular wall of the abdomen which allows part of the small intestine to push out.

**Muscle and joint injuries** - tears and sprains to muscles in the legs, back and arms. Inflammation and chronic pain in joints and nerves.

**Impact injuries** - crushed or amputated body parts such as fingers, hands, toes and feet.