

MANUAL HANDLING



YOUR EMPLOYER'S RESPONSIBILITY

There are Health and Safety laws that protect workers against injury and illness at work. These laws include specific regulations on Manual Handling.

Under these laws your employer must:

- Identify risks to workers and where possible remove or reduce them.
- Consult with you and your Health and Safety Rep about health and safety issues that affect you.
- Give you correct information and provide training.
- Keep injury records.
- Provide an injury/accident book in a place where everyone can get to it.

WHAT IS MANUAL HANDLING?

Manual Handling means any activity requiring the use of force exerted by a person to lift, push, pull, carry, move, hold or restrain any object.

The Manual Handling Regulations and the Health and Safety Act require your employer to protect you from injury by:

- Identifying hazardous tasks;
- Assessing risk factors;
- Introducing control measures to eliminate or reduce the risk.

Hazardous manual handling tasks are the number one cause of injury and long term health problems for many workers.

Many of these injuries occur because:

- the job, work station or equipment is poorly designed;
- loads are too heavy or awkward or unmanageable;
- work is repetitive.

INJURIES AND SYMPTOMS

Some of the injuries that occur from manual handling tasks include:

- Carpal Tunnel
- Back injuries
- Sprains and strains

Some symptoms that you may experience include:

- Tingling or numb fingers
- Back pain
- Sore arms and legs
- Aching neck and shoulder
- Pins and needles

MANUAL HANDLING

IS YOUR JOB SAFE?

Are you suffering from any of these symptoms? Is your job uncomfortable? Is your job hurting you?

Then your job is unsafe! You have the right to speak up.

Under the law you have the right to:

- Leave your workstation and report any pain or injury to your First Aid Officer, Health and Safety Representative, Supervisor or Union Delegate;
- Write and report any pain or injury in the injury/accident book;
- Go home and see your own doctor and follow their advice;
- Put in a compensation claim for any injury you may have received through your work.