

Workplace Health for Small Business Manual Handling Risk Assessment

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Summary

• Part 1

- Brief Overview of Legislation
- Why do we need to assess manual handling activities at work
- How to carry out a task specific manual handling risk assessment (Section 3 in Toolkit)

• Part 2

- Workshop:

Case Study work





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- The Manual Handling of loads regulation introduced in 1993 replaced by a new Regulation in November 2007
- Key focus of the regulation is on prevention of injury through:
 - Risk Assessment of Manual Handling Tasks
 - Avoidance of Manual Handling
 - Reduction of Manual Handling







Load is difficult to grasp



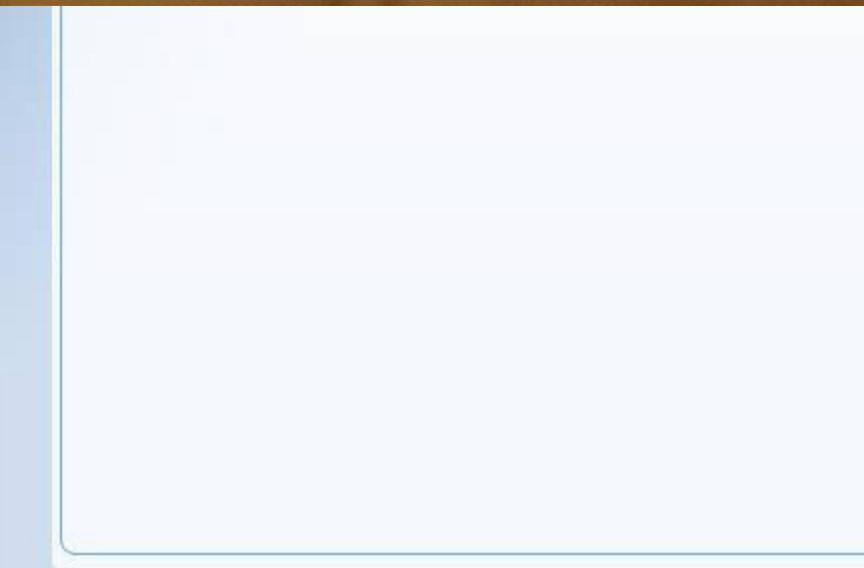
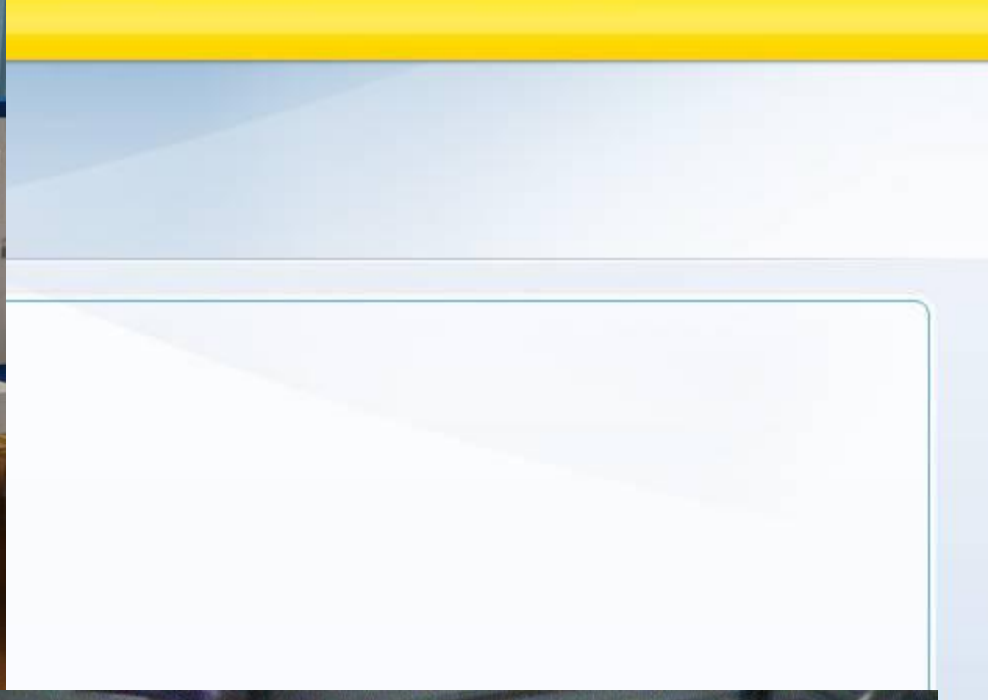
Body in an unstable posture

Sudden movement of load



Prevented from handling at safe height







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- Why do we need a manual handling risk assessment
 - To learn more about how work is carried out so as to identify potential manual handling hazards
 - To allow staff the opportunity to discuss potential hazards
 - To identify better ways of work with less manual handling
 - To reduce the potential for injury, particularly back injury





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- Will the provision of manual handling training be effective in reducing the risk of injury
 - Manual Handling Training is an intervention, however in isolation it is an ineffective intervention





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- Task specific risk assessment for manual handling tasks

Stage 1 Observe the Task

This would involve obtaining a detailed description of the job and a breakdown of the key stages of the job.







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Stage 2 Collect Technical Details:

Examples include:

Weights of load handled

Lifting distance

Postures observed

Frequency, duration,

The work environment



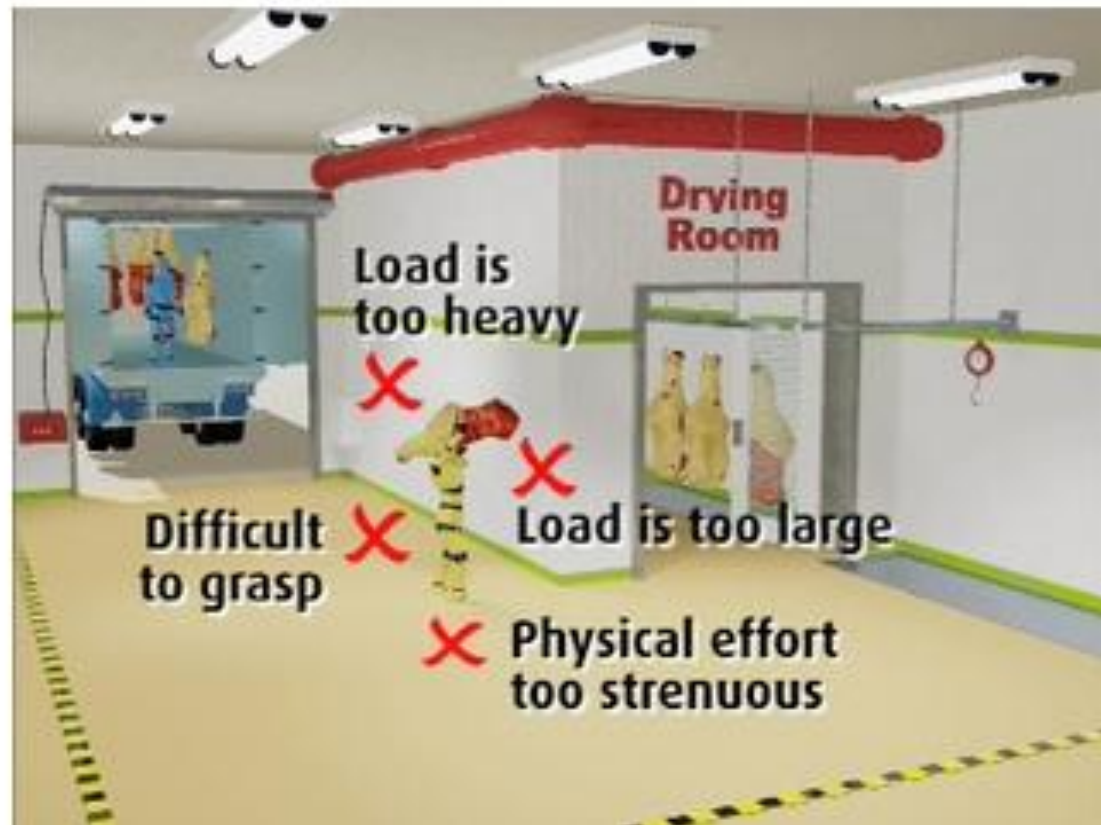




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Stage 3 Identify the Risk Factors

Risk factors present, can they be avoided or reduced





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Stage 4 Develop solutions and a plan of action :







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- Benefits of Manual Handling risk assessment
 - Problem solving tool
 - Better ways of working
 - Less manual handling
 - Good housekeeping
 - Reduced risk of injury
 - Consultation with staff





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• Wrap Up

- Need to recognise that manual handling is a potential workplace hazard
- Manual Handling training on its own will not address the problem
- Need to conduct a risk assessment of work activities with significant manual handling





Thank You





Part 2: Case Study Work

- Use the template
- Work through an example
- Think of an activity at work





Part 2: Case Study Work

- Task: Handling of Pallets
- **THE EMPLOYEE IS STACKING PALLETS TO A HEIGHT**





- **HSR Vol 8 Issue 9 Oct 2003**

A High Court Judge rejected allegations of an exaggerated claim by a Worker who injured his back while lifting pallets and awarded the employee 370,000 Euro in damages.

Delivering Judgment the Judge stated that the employee suffered two injuries, he was required to lift pallets onto a conveyor at unsafe height, the company was in breach of regulation referred to in Section 28 of the Act which empowers the Minister to introduce Manual Handling Regulations.

**The company failed to take appropriate measures to avoid the necessity for manual handling.
There were three simple and inexpensive alternatives that the company could have adopted.**





- The Risk Assessment Process
 - Task Description
 - Technical Details
 - Risk Factors
 - Possible Solutions and plan of action



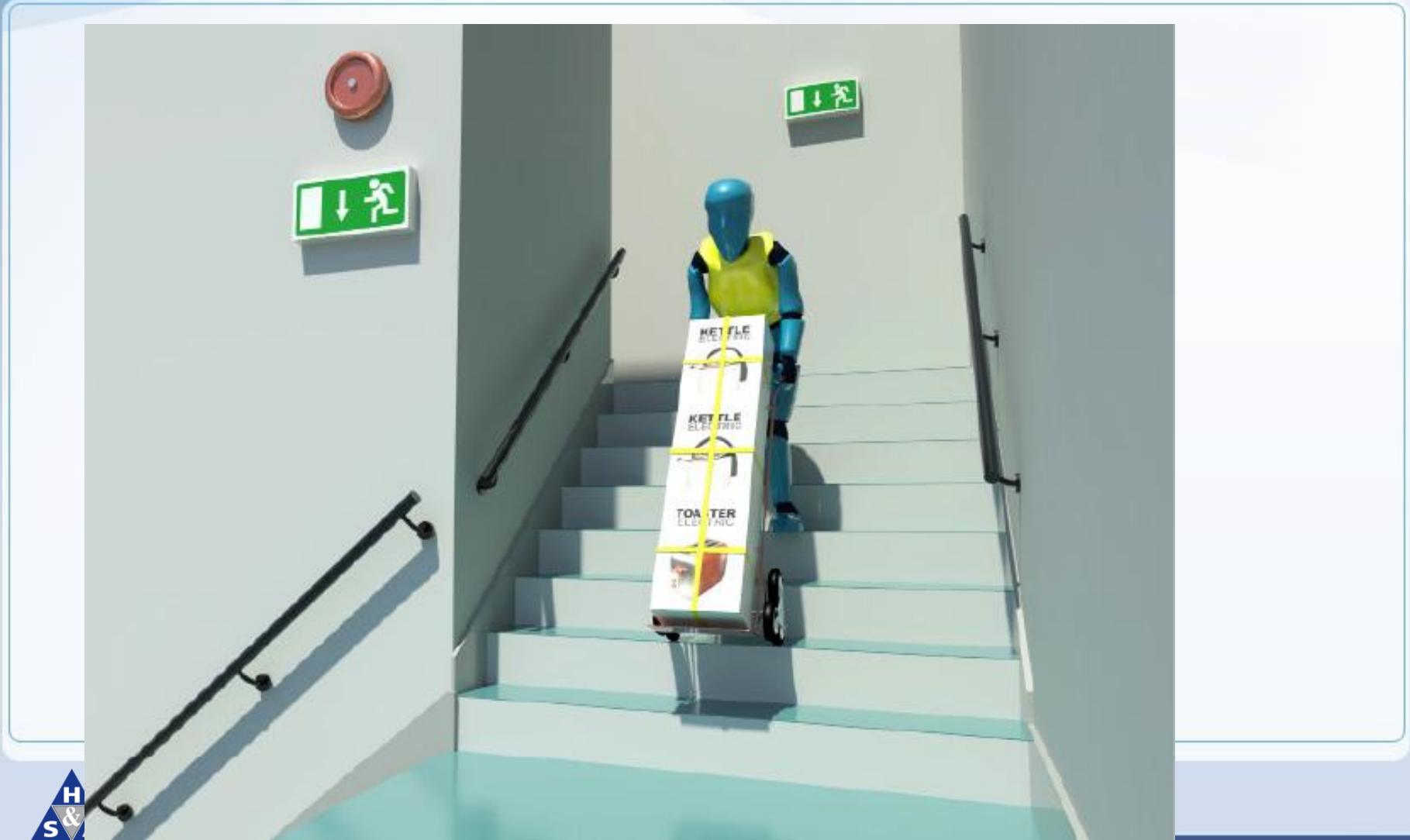


Part 2: Case Study Work

Task: Handling of Stock on Stairwell









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Thank you.

