

# Safety Brief

FLAWLESS SAFETY PERFORMANCE IS A TEAM EFFORT

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## No Strain, No Pain

**Manual Handling** covers a wide range of activities including lifting, pushing, pulling, holding, and carrying any object or material. It also includes repetitive tasks such as shoveling, typing, assembling, cleaning and sorting, using hand-tools, and operating machinery and equipment. Because most jobs involve some form of manual handling, exposure to manual handling injuries can be high. Of course, not all manual handling tasks are created equal — some tasks carry a higher risk than others.



### THE IDENTIFICATION PROCESS FOR HIGH RISK HANDLING FOCUSES ON:

#### FORCEFUL EXERTIONS

- weight of object over 25 kg
- high pulling/pushing force—think a force which requires 70% of your effort
- high cumulative weights handled—think 10,000 kg+/day

#### AWKWARD POSITIONS

- objects handled below mid-thigh forcing worker to bend their back
- objects handled above shoulder height
- trunk twisting

#### REPETITIVE MOTION

- worker performing the same task for more than one hour consecutively

### CONTROL MEASURES CAN INCLUDE:

- plan your path of travel
- good communication
- use buddy system for manual lifting
- where possible, use mechanical means
- rotate personnel for repetitive tasks

#### Keep Safety Control Measures in Mind:

**Engineering; Substitution; Elimination; Administrative; Last Line of Defense – PPE**