

# Safe Manual Handling

## INTRODUCTION



### TYPE INJURY

- The most common type of injury is to the back. These are repetitive strain injuries which can be prevented by using the correct technique.
- 1. Lifting and lowering the load correctly
  - 2. Carrying and pushing and pulling loads correctly
  - 3. Twisting, bending and stretching the body
  - 4. Reaching and working overhead and underfoot



## RISK ASSESSMENT

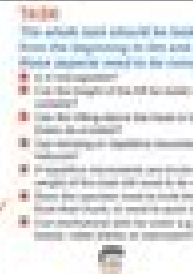


The purpose of a risk assessment is to:

1. Identify hazardous activities or factors at the task, location, tool, and the equipment used to identify the risks to health and safety.
2. Assess the risks to health and safety.
3. Identify the measures to control the risks.

The general approach for the assessment should be:

1. Consider all the hazards at the task, location, tool, and the equipment used. The assessment should be done by a competent person.
2. Consider all the measures to control the risks.
3. Consider the measures to control the risks.



### INDIVIDUAL

- Are they fit to do the task?
- Does it require a capability?
- Does personal protective equipment need to be worn?
- Is the load a person can lift?

## EMPLOYERS & EMPLOYEES



### EMPLOYERS DUTIES

Employers should:

1. Assess the likely risk of injury from the handling operation.
2. Put in place a safe system of work.
3. Provide training and information to employees.
4. Provide the correct equipment.

### EMPLOYEES DUTIES

Employees should:

1. Follow the safe system of work.
2. Use the correct equipment.
3. Report any problems to the employer.
4. Report any injuries to the employer.

### PREVENTING BACK PAIN

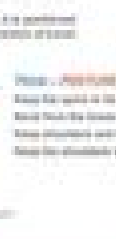
As well as the general advice there are certain things you can do to help prevent back pain.

1. Keep your weight under control.
2. Do not smoke.
3. Do not drink alcohol.
4. Do not use a trolley or other equipment.
5. Do not use a trolley or other equipment.
6. Do not use a trolley or other equipment.
7. Do not use a trolley or other equipment.
8. Do not use a trolley or other equipment.

## HANDLING TECHNIQUES

### Think - PLAN

- Where am I going?
- What am I lifting?
- What are the options?
- Are there any aids available?
- Do I need help?
- Do I need to remove any obstacles?



# Bp Safety Manual Requirements

**Guillaume Favre**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## **Bp Safety Manual Requirements:**

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Petroleum Company,1977 Includes activities of BP in Alaska and northern Canada      Proceedings of the International Symposium on the Problems of Regional Seas ,2001      **Environmental Challenges Confronting the Oil Industry** Javier Estrada,Kristian Tangen,Helge Ole Bergesen,1997 Since the late 1980s when the current tide of environmental concern began to rise every improvement made by the oil industry has been followed by new demands for further progress New problems have been placed on top of the old ones first smog in the inner cities and oil spills on the beaches then acid rain and forest die back followed by major tank disasters and renewed attention to urban air quality and finally climatic change The purpose of this book is to investigate whether the oil industry is able to extend and renew its social legitimacy as it faces its toughest agenda in a century the challenges stemming from its impact on the environment and the consequent public questioning of its role in society To find out whether and how the oil industry has responded to environmental issues in general and climatic change in particular five indicators of change vision image R D investments and government relations have been selected These have been assumed to be expressions of an environmental strategy which can be identified as reactive cautious or creative The empirical analysis begins with case studies of the environmental response of five major oil companies Shell Exxon BP Amoco and Statoil The next step is a case study of the refinery sector which is the most environmentally sensitive part of the industry in many ways In addition a brief description of how three industry associations have tackled the same environmental issues is included The main readership for this book will be policy makers planners and researchers in the oil industry and environmental consultants      The Oilman, Incorporating Offshore Services & Technology ,1988      **Moody's Industrial Manual** ,1989 Covering New York American regional stock exchanges international companies      *Safety and Health at Work* ,2002      Mine Safety ,1997

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