

Manual Handling

Manual handling is the transporting or supporting of a load by hand or bodily force. It includes lifting, lowering, pushing, pulling, moving, or carrying a load. A load is a moveable object, such as a box or package, a person or animal, or something being pushed, such as a roll cage or pallet truck.

Key Facts

According to HSE statistics, handling, lifting, and carrying accounts for 20% of non-fatal injuries in the workplace. Manual handling is the biggest cause of musculoskeletal disorders, in the UK (2018/19) with nearly half a million workers suffering from it.

Hints and Tips

- Follow appropriate systems of work developed for your safety.
- Correctly use equipment provided.
- Inform your employer if you identify any hazardous handling activities and ensure that no lifting activities put others at risk.

Every manual handling operation is different, and a manual handling risk assessment should be undertaken before starting. List any TILE considerations that apply to your activity and think about how the risks can be reduced.

TILE (Task, Individual, Load, Environment) is used as a quick way to remember what you need to assess when it comes to manual handling.

TASK

The type of manual handling activity, such as pushing, pulling, lifting, or carrying etc.

INDIVIDUAL

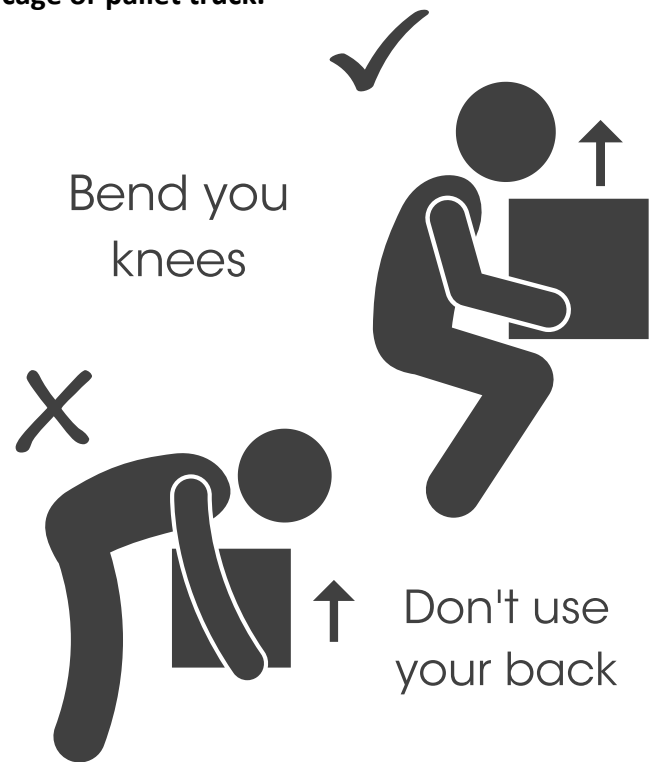
The capabilities of the person carrying out the manual handling activity.

LOAD

The size, shape, surface-type and weight of the object is being moved.

ENVIRONMENT

The area in which the object is being moved. Where manual handling is taking place outside, additional considerations such as wind, rain, ice and temperature can also affect safety and should be planned for.



Do...

- Avoid and reduce manual handling activities where possible.
- Use mechanical aids where provided.
- Undertake manual handling training.
- Make sure your travel route is clear before lifting any objects.

Don't...

- Attempt to lift an object without assessing its weight first.
- Carry objects over long distances.
- Stoop when picking anything up – bend your knees.
- Attempt to lift an object if it is an awkward shape or size.