



“Let’s Talk Health”

Manual Handling

DISCUSSION AID 

INTRODUCTION

This talk has been developed to assist the person facilitating the “Let’s talk health” Week topic on manual handling. It provides pointers to get the conversation started and is not a full explanation of all health and safety requirements, related to this subject, and should not be relied upon as such.

When we think about manual handling in construction people think it relates to just lifting things but what else does it include?

Manual handling relates not just to lifting but also includes lowering, carrying, pushing, or pulling.

Who can tell me the type of injuries people sustain due to poor management of manual handling activities?

Injuries include pain and injuries to arms, legs and joints as well as various repetitive strain injuries.

What should your first consideration be when the potential for manual handling is raised?

You should always try to avoid the need to manually handle something in the first place. Does it have to be carried or is there no other way to move the item from A to B?

To help us remember the key things to consider when planning manual handling activities we use the word T.I.L.E. Who knows what T.I.L.E stands for?

Task, Individual, Load, Environment.



“Let’s Talk Health”

Manual Handling

DISCUSSION AID 

So what sort of things should we always consider for any manual handling activity?

- The capability of the individual who is going to be doing the lifting.
- The load to be i.e. lifted size, shape weight etc
- Any environmental conditions e.g routes to be taken
- Training individuals have had
- The work organization.

Going back to avoiding manual handling what sort of equipment is available on our site to move materials?

- Forklift
- Trolleys
- Attachments to forklifts e.g. kerb lifters

If we do decide to use equipment to avoid manual handling what sort of things need to be considered?

- Is it the most appropriate item of equipment to use?
- Is the person using the equipment trained in its use?
- Has the use of the equipment been risk assessed?
- Has the equipment been inspected to ensure compliance with e.g. PUWER (Provision and Use of Work Equipment Regulations) or LOLER (Lifting Operations and Lifting Equipment Regulations). Are certificates available if required?



“Let’s Talk Health”

Manual Handling

DISCUSSION AID 

If you have to lift something manually, what sort of things should we do to try and reduce the risk?

- Reduce the amount of twisting, stooping and reaching.
- Avoid lifting from floor level or above shoulder height, especially when heavy loads are involved.
- Adjust storage areas to minimize the need to carry out such movements.
- Consider how carrying distances can be minimized.
- Assess the weight to be carried and whether the worker can move the load safely or needs help – maybe the load can be broken down to smaller, lighter components.

If you must do manual handling who can give some simple things to do before and during the lift / carry?

- Remove obstructions from the route to be taken
- For a long lift plan to have a rest spot during the lift e.g by using a table as a temporary set down point.
- Keep the load close to the waist. The load should be kept close to the body for as long as possible while lifting.
- Keep the heaviest side of the load next to the body.
- Adopt a stable position and make sure your feet are apart, with one leg slightly forward to maintain balance.