

## H7 – Toolbox Talk Manual Handling

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The most significant aspect to consider when manual handling is the prevention of back injury as a result of incorrect lifting techniques.

Sprains and strains are a major cause for lost-time accidents in industry. Back injuries can be very painful and could mean you never work again.

- Never attempt to lift a weight that is beyond your physical ability; ask for help.
- Organise your work to minimise the amount of lifting necessary; use mechanical aids wherever possible.
- Plan what you are about to do in your mind before you start the lift.
- Protect your hands by using gloves when objects have sharp edges.
- Wear safety boots at all times.

Poor body mechanics and bad lifting habits usually ‘trigger’ a back injury, and are more likely to do so if a person’s overall physical condition is poor. Remember these techniques which help to evade injury:

- Avoid using fast, jerking motions when lifting.
  - Avoid bending and twisting at the same time.
  - Avoid handling a load too far away. Keep the load close to your body.
  - Lift with the legs and keep the back straight.
  - Grip with the palms of the hands, not the fingertips. Do not change your grip whilst carrying the load.
  - Lift in simple stages from floor to knee, then from knee to carrying position. Reverse this method when setting the load down.
  - Teamwork — If the load is too heavy, two or more persons should carry the load.
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### Training register

Date .....

Name of attendee

Signature

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