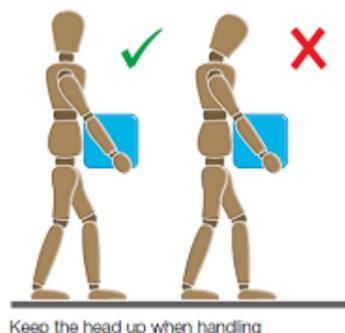


STOP & THINK

Week 17 – Manual Handling



It's that time of year (well in the UK) for packing up your bags and heading off to sunny climates. Whether jetting off overseas or heading off to see friends or family, undertaking some DIY, participating in one of your hobbies etc. there's a good chance you're going to pack a bag / suitcase and do some lifting (also known as manual handling!).

If you speak to one of your colleagues and ask if they have or have had a [back problem](#) there's probably a very good chance they will say yes. Mine happened many moons ago when I worked as a lifeguard at a local swimming pool. Before the days of lockers we had a central area where people brought their belongings in a basket for safe keeping. I bent down to lift a basket containing only a pair of trainers, shorts, t-shirt and towel to hand back when suddenly my lower back went ping. That was me in pain for the next few days, hardly able to roll out of bed let alone rescue people! There's a [perception that you need to be lifting something really heavy to cause damage](#), and to be fair there is a greater chance of damage happening with a heavier weight, but it is also down to good lifting technique. When my back incident happened I was [twisting and lifting](#) at the same time which is not a healthy combination..

In addition to wanting you to be healthy at home it is also key not to ask your colleagues, supply chain, client or yourself to undertake work that may cause harm due to manual handling. For every project we have an [Access Lifting Maintainability schedule](#). Along with the [Design Hazard Register](#) this is the key tool to [assessing risks and developing safe lifting methods](#). So based on my lightweight basket incident think about all the level probes we're installing which need to be cleaned off periodically, the valves that need to be installed or removed, the copasacs that need to be taken replaced and taken away, the covers that need to be lifted during the investigation stage. The list is endless.. [Do we really consider all these sufficiently?](#)

B&V has a guidance [GB336A MANUAL HANDLING — GUIDANCE ON LIFTING](#) which is a really useful one page guidance note on lifting. Please take the time to review.

[For further information:](#)

B&V iNet (PROSYS)

Procedure [B336 Manual Handling](#)

Guidance: <http://prosys/uploaddocuments/GB336A.doc>

Flowchart: <http://prosys/uploaddocuments/GB336B.doc>

One Safety Hub

<http://www.onesafetyhub.co.uk/Partners/Mgiv/Lists/OSHLibrary/mgiv-training-manual-handling.pdf>

This alert with respect to 'Poor Manual Handling techniques let to RIDDOR incident' is interesting as we, as designers, often need site investigations to progress our design, including lifting covers..

HSE

<http://www.hse.gov.uk/pubns/indg143.pdf>

A very useful guide, which explains the problems associated with manual handling and sets out best practice in dealing with them. The advice is intended for managers of small firms or similar organisations. But the general principles are relevant to all workplaces, whatever their size. Avoiding injuries from manual handling makes sound business sense. The Manual Handling Operations Regulations 1992, as amended in 2002 ('the Regulations') apply to a wide range of manual handling activities, including lifting, lowering, pushing, pulling or carrying. The load may be either inanimate - such as a box or a trolley, or animate - a person or an animal. This guidance gives useful practical advice for employers, managers, safety representatives and individual employees on how to reduce the risk of injury from manual handling.

<http://www.hse.gov.uk/contact/faqs/manualhandling.htm>

A question or two to get you thinking!

Do Designers need to consider manual handling ?