



MUH 104

Occupational Health And Safety II



HACETTEPE ÜNİVERSİTESİ

Uzaktan Eğitim Uygulama ve Araştırma Merkezi

Daha ileriye... En İyiyeye...

Manual Handling and Lifting

Kübra Ezgi KARAAĞAÇ

Environmental Engineer

**Class C Occupational Health and
Safety Specialist**

What Will We Learn?

1. Aim
2. Description of manual handling
3. Risk factors in manual handling
 - a. Risk factors related to the load
 - b. Individual risk factors
4. How should manual handling be done?



Aim

Our aim is to determine the minimum requirements to ensure the protection of employees from health and safety risks, especially back and waist injuries, which may arise due to manual handling.



Manual Handling

Manual handling refers to transporting or supporting jobs that involve risks that may result in injury to the waist or back, especially due to the nature of the job or improper ergonomic conditions, during work such as lifting or lowering, pushing, pulling, carrying or moving a load.



Risk Factors Related To Load

1. Characteristics Of The Load

Handling the load in the following situations may cause risk of back and waist injury if;

it is too heavy or too big,

it is rough or difficult to grasp,

it is unstable or the contents are displaced,

it is in a position that requires the body to be bent or twisted, or to be kept away from the body,

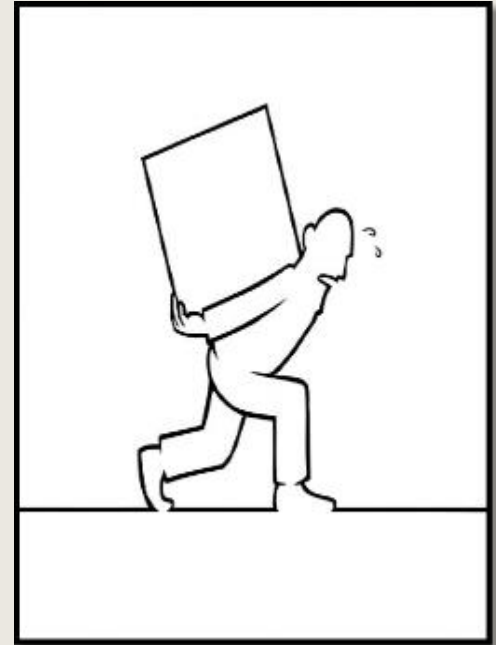
its intensity and shape can cause injury, especially in the event of a crash.

Risk Factors Related To Load

2. Physical Power Requirement

The way that the work is done physically and power spent, can cause especially the risk of back and waist injury in the following situations:

- If it is very tiring,
- If it can only be done by bending the body,
- If it results in sudden movement of the load,
- If it is done when the body is in an unstable position



Risk Factors Related To Load

3. Characteristics Of The Working Environment

It may increase the risk of back and waist injuries, especially in the following cases.

- If the working place is not wide and high enough to do the work,
- If there is a risk of falling or slipping due to the ground being uneven,
- If the working environment and conditions are not suitable for the employees to carry the loads at a safe height or in a suitable body position,
- If there is a difference of level in the workplace floor or on the working ground that requires the lifting and lowering of loads,
- If the ground is unstable,
- If temperature, humidity or ventilation are not suitable

Risk Factors Related To Load

4. Job Requirements

Jobs that require one or more of the following types of work can pose a particular risk of back and waist injury.

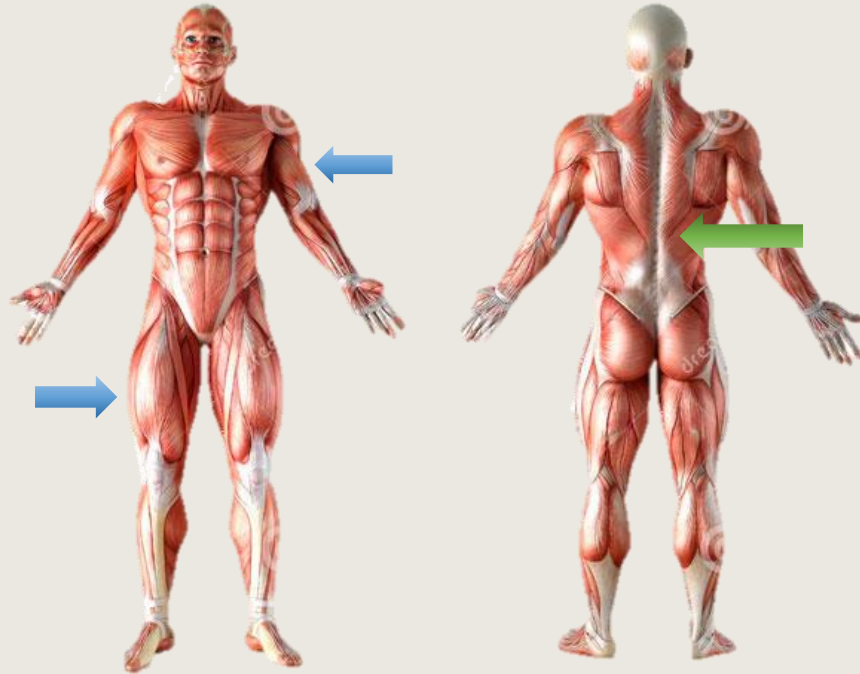
- Excessively frequent or excessively long bodily jobs that require the body to turn around the waist,
- Insufficient breaks and rest periods,
- Excessive lifting, lowering or transport distances,
- The tempo/pace of the job as a requirement that cannot be changed/alterd by the employee.

Individual Risk Factors

Employees may be at risk in the following situations:

- Their physical structure may not be suitable for carrying out the job,
- They may be using unsuitable clothes, shoes or other personal items,
- They may not have the necessary training or sufficient and appropriate information about the job and its risks.

Individual Risk Factors



Video

Handling Equipment



How Should Manual Handling/Lifting Be Done?

1. Plan The Lifting Job

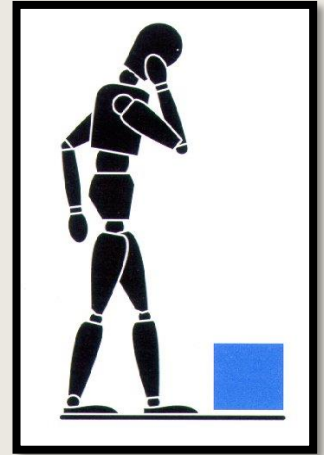
Where will the load be placed?

If possible, use auxiliary equipment for proper lifting such as lever and wedge.

Do you need help when lifting/handling? You need to decide. You must ask for help if you need it.

Remove the obstacles along your walking path such as unused covers.

If the object you want to lift is longer than your shoulder length, change the handling position by placing the load on a table at half distance.



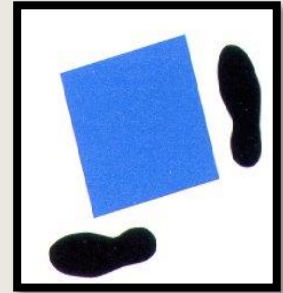
1

How Should Manual Handling/Lifting Be Done?

2. Keep A Distance Between The Feet

Provide a balanced and stable surface for lifting (Narrow edges and unsuitable shoes make it difficult.)

The forward foot should be comfortable have a distance/space with the foot behind. If possible, the back foot should be aligned with the direction that you will carry the load.



2

How Should Manual Handling/Lifting Be Done?

3. Get Prepared For Suitable Lifting Position

If you are going to lift a load at a low distance, bend your knees, but do not kneel completely or bend your knees too much.

Keep your back straight (it's helpful to pull the chin in to maintain the body's naturally rounded back shape).

To grasp the load, lean forward slightly over the load. Maintain the shoulder level and hold it in the same direction as your hip. Do not forget to keep your back straight at all times.



3

How Should Manual Handling/Lifting Be Done?

4. Grasp The Load Firmly

Keep the arms to maintain the space created by the legs.

The best lifting position and type are based on the current situation and personal preference.



How Should Manual Handling/Lifting Be Done?

5. Transportation

Keep the load as close to your body as possible. Use the leg and arm muscles.

Do whole body rotation if you need to turn.

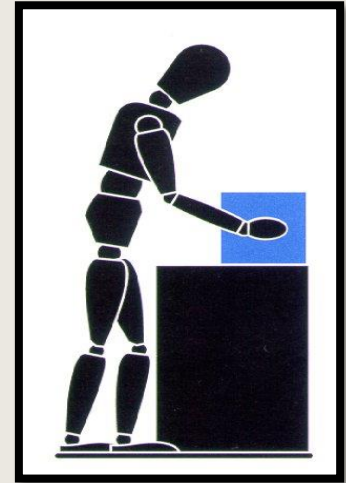


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How Should Manual Handling/Lifting Be Done?

6. Unloading

While unloading, same steps and precautions when lifting the load should be considered.



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Thank You!



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