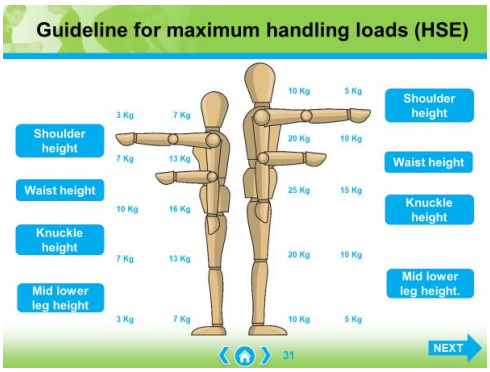
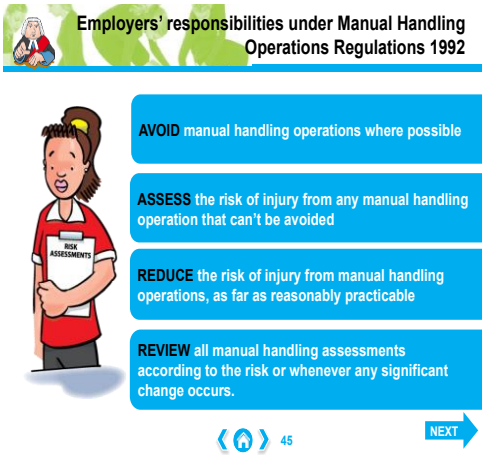
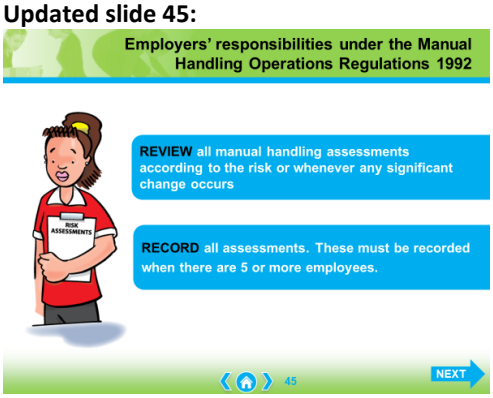
Safe manual handling (level 2) PPT

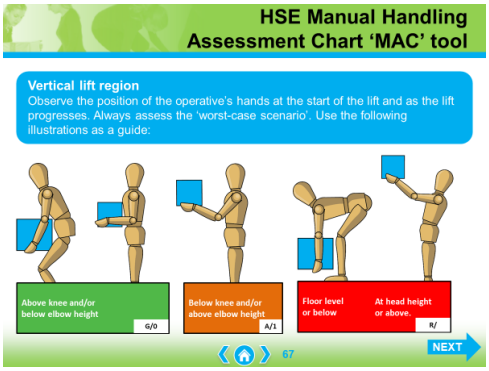
Ed.3 Jan 19

Date of update:
January 2019

The following updates have been made to ed.3 Jan 19 training presentation.

Slide No	Update comments
21	**Tutor notes for this slide have been update to:**  **Tutor notes:** The tutor may wish to insert the latest statistics from the HSE with regard to the injury site. Class question - Which parts of the body are injured by unsafe moving and handling? Answers in descending order below. Discuss each answer with candidates: Back – why do you think there are so many back injuries? Fingers and thumbs – how do fingers and thumbs get injured? Arm Hand/wrist Rest of torso Other – which other parts of the body could get injured? Toes, feet, head (if reaching above shoulder level or items drop on to the individual). Work-related low back pain and injuries are the most common musculoskeletal disorders caused by manual handling. Source http://www.osha.mddsz.gov.si/Resources/files/pdf/E-fact_14_-_Hazards_and_risks_associated_with_manual_handling_in_the_workplace.pdf
31	**Tutor notes for this slide have been update to:** 

	Tutor notes: As can be seen, the weight that can be moved safely is reduced the further away from the body it is held or the higher and lower it goes. The guidelines demonstrate simple weight filters which assume that handling is infrequent, symmetrical and takes place in favourable working conditions. The majority of individuals can lift safely within these limits.
44 & 45	**The following slide has been split into 2 slides and updated:** **Current slide:**  **Updated slide 44:**  **Tutor notes for slide 44:** This must always be done in sequence: start with avoid, then assess, then reduce. How does reasonably practicable apply here? Applicable to avoid, assess and reduce **Updated slide 45:**  **Tutor notes for slide 45:** When would review need to take place? Change of people, task, load etc. Assessments must be recorded when 5 or more people are involved.

67	**Tutor notes for this slide have been update to:**  **Tutor notes for slide 67:** The tutor may wish to have a hard copy of the manual handling assessment chart guidance with them to show delegates and for them to look through. Photocopies of elements of the chart may be useful as handouts, e.g. the lifting assessment guide pages, explanation chart of colour coding and how these relate to actual manual handling risk, and a copy of the MAC score sheet. The candidates do not need to carry out a manual handling assessment for the purposes of the qualification. However, tutors may wish to include a practical assessment exercise where clients request this. The tool is available as a free download or you can buy hard copies from www.HSE.gov.uk The HSE Manual Handling Assessment Chart 'MAC' tool can assess: • lifting operations • carrying operations • team handling operations • NOT pushing, pulling (see HSE Pushing and Pulling toolkit) or repetitive upper limb movements (see HSE 'ART' tool Assessment of Repetitive Tasks) The MAC tool will help to assess the most common risk factors in lifting, carrying and team handling operations. It will help the employer to identify high-risk manual handling operations. In some jobs, for example, in warehouse operations, order picking and delivery, the load weight and lifting frequency can sometimes vary during the working day/shift. The variable manual handling assessment chart (V-MAC) tool was developed to use in conjunction with the MAC tool to help individuals assess manual handling operations where this variance occurs. *(The V-MAC tool is more complex than is needed for assessing many manual handling operations).*

End of update