

## MANUAL TASKS (HANDLING)

### Not just lifting - Manual tasks defined

Manual tasks are those workplace activities requiring the use of force exerted by a person to grasp, manipulate, seize, throw, carry, move (lift, lower, push, pull), hold or restrain an object, load or body part.

### What is a hazardous manual task?

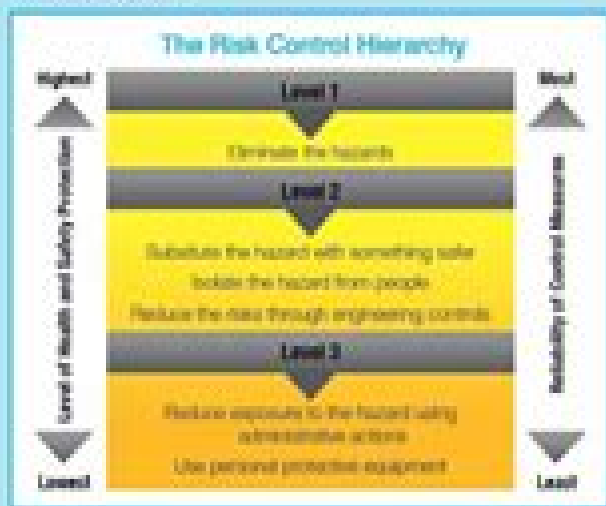
A hazardous manual task, as defined in the WHS Regulations, means a task that requires a person to lift, lower, push, pull, carry or otherwise move, hold or restrain any person, animal or thing involving one or more of the 5 following characteristics:

1. Repetitive or sustained force
2. Sustained or awkward posture
3. High or sudden force
4. Repetitive movement
5. Exposure to vibration

These factors determine the characteristics of a hazardous manual task directly against the body and can lead to injury.

You can provide valuable information about discomfort, muscular aches and pains that can signal potential hazards. For example, think about and identify tasks that:

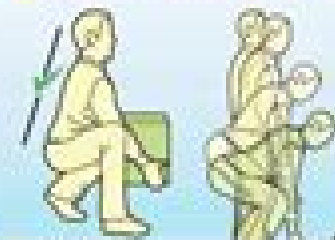
- are difficult to do (or appear harder than they should be)
- are very tiring (muscle fatigue reduces work capacity)
- are awkward or dangerous (for example, difficulty controlling loads)
- cause you discomfort.



## TIPS FOR HANDLING

### ASSESS your object and your task BEFORE you lift

Have a plan of attack. Think your route before you lift. Clear any obstacles from your path, and be sure you know what is in your way. If you cannot see your path well,



### LIFT with your LEGS

Bend at the knees and hips not your back. Your leg muscles are stronger than your back and can withstand greater force. This is known as the Squat Transfer Technique (STT).



### Avoid STOODING

Keep your back neutral. You are less likely to injure your back if you keep your back neutral during lifting.

### MOULD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and close to your body than at any other height and/or far from your body.

### Don't BEND or TWIST while you are lifting or carrying

Any improper bending or twisting could throw you off balance or injure your back.



### Avoid lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid storing objects above head height or below knee height when possible.

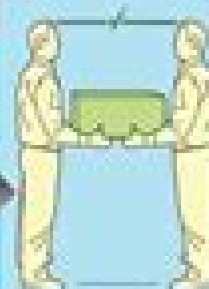
### Use lifting aids when possible

Use mechanical aids to get help to lift or carry a heavy load whenever possible. Options include wheelbarrows, conveyors, belt loaders, cranes or hoists.



### REDUCE the size of the load when possible

When possible, reduce the size of the load or object or make smaller loads more frequent stops. For example, square a heavy load into smaller portions.



### Two person lifts

When lifting with two or more people, ALL lifters should prepare to receive and control the manual handling loads.

### KNOW your limits

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is awkwardly large or unstable, it can be difficult to lift and could cause you pain. It is better to wait and ask for assistance than to try to lift something that could potentially injure your back.

**LIMIT**

# Ohs Manual Handling Procedures

**Karen Kearns**

A decorative red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Oh's Manual Handling Procedures:**

**Managing Occupational Health and Safety** Philip Bohle, Michael Quinlan, 2000 First published in 1999 this second edition has been revised and updated taking into account new information research and policy debates The amount of international information has been increased and a chapter on New Zealand has been added Takes a holistic and multidisciplinary approach to managing occupational health and safety Includes references a bibliography and an index Bohle is professor in the School of Industrial Relations and Organisational Behaviour and Quinlan is professor of industrial relations at the University of NSW Both authors have published widely on occupational health and safety

**Skills for Midwifery Practice Australian & New Zealand Edition** Sally-Ann De-Vitry Smith, Sara Bayes, 2022-02-28 This text provides clear easy to read guidance on more than 110 skills for midwifery students and midwives seeking to update their practice Underpinned with the most recent evidence based practice and research the second edition walks the reader through general and basic skills in a sequential and logical manner following a woman's journey through pregnancy labour and birth and postnatal care With a focus on the performance of midwifery skills rather than on the theory of midwifery practice Skills for Midwifery Practice Australia and New Zealand 2nd edition is an indispensable text to which students will return to again and again Endorsed by the Australian College of Midwives Step by step instructions for each skill Images and diagrams to aid understanding A woman centred approach and cultural considerations throughout Models of midwifery care Continuity of Care and Lead Maternity Carer's Model Australian NZ specific guidelines policies statistics terminology and medication administration guidelines

[A Step By Step Guide: How to Perform Risk Based Internal Auditing for Internal Audit Beginners](#) RAZLY ZAKARIA, 2014-03-13 This book provides new internal auditors with step by step guide in performing risk based internal auditing Summarised in 5 easy to follow simple steps the author shares his experience in performing an effective and comprehensive internal audit exercise Methodology and complex techniques are available Not to deny that all these available information is good but it would be too complicated for internal audit beginners to understand and to apply those information immediately into a guide in their first task Therefore this book has been written to provide a simple yet comprehensive guides with examples that can be immediately applied

**Occupational Ergonomics** Amit Bhattacharya, James D. McGlothlin, 2012-03-08 In the fifteen years since the publication of Occupational Ergonomics Theory and Applications significant advances have been made in this field These advances include understanding the impact of ageing and obesity on workplace the role of ergonomics in promoting healthy workplaces and healthy life styles the role of ergonomic science in the

[Model Standard Operating Procedures for Common Hazardous Workplace Activities](#) Richard Skiba, 2024-08-05 This collection of model Standard Operating Procedures is suited to employers organisations and Contractors who do not currently have in place an existing set of or inadequate or ineffective Standard Operating Procedures The collection provides a framework to build a comprehensive set of Standard Operating Procedures focussing on hazardous

work activities common to and across a range of industries and sectors Standard Operating Procedures included Working Safely General Shifting Materials Safely Using Manual Handling Methods Work Safely Around Powerlines Work Safely in The Vicinity of Live Electrical Apparatus Working Safely at Heights Safe Ladder Use Working Safely on Roofs Working Safely on Scaffolding Higher Than Two Metres 6 Feet Working Safely with Industrial Chemicals and Materials Working Safely with Remotely Piloted Aircraft Systems Entering Confined Space Carrying Out Manual Excavation Using Hand and Power Tools Removing Non Friable Asbestos Removing Friable Asbestos Shaping Solid Stone Driving a Heavy Rigid Vehicle Operating Commercial Vehicle Welding Safely Working Around Moving Mobile Plant Working in or Near Pressurised Gas Mains or Piping Undertaking Demolition of a Load Bearing Structure and Working Adjacent to Road or Other Traffic Transport Corridor Aside from model SOP s the book also highlights that how Standard Operating Procedures SOPs can clear consistent instructions to ensure tasks are performed uniformly enhancing quality safety and efficiency while preventing errors and ensuring regulatory compliance The development process for Standard Operating Procedures and common challenges are also addressed      **Supporting Education □ The Teaching Assistant's Handbook** Karen

Kearns,2012-05-07 Supporting Education The Teaching Assistant s Handbook provides the essential information needed to complete the Certificate III in Education Support in the Community Services Training Package This resource provides Teaching Assistants within overview of child development and how children learn as well as an introduction to the key learning areas for primary school students Links to a wide range of online resources and information are also included along with strategies for working with students and teachers      **WHS** Richard Archer,Kerry Borthwick,Michelle Travers,Leo

Ruschena,2017-07-21 The 5th edition of this market leading text continues to take a humanist approach work should satisfy human needs equally with organisational goals and goes beyond the risk management model of physical safety to take into account the larger perspective of human health needs including psychological and social needs Our author team which includes industry experts academics and trainers provides insight into the most recent legislation Covers core and elective units of competency from the current qualifications BSB41412 Certificate IV in Work Health and Safety and BSB51312 Diploma of Work Health and Safety      *The Experienced Carer: Frontline Leaders in Australia's Aged Care Workplaces*

Helen Croft,2012-08-15 The Experienced Carer Frontline Leaders in Australia s Aged Care Workplaces was written to accompany the Australian Carer 2e and Caring in the Community This resource covers all of the compulsory competencies plus the most popular electives from the Certificate IV in Aged Care      **Contractor Health and Safety Compliance for**

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have significantly increased in order to serve the development mandate of those countries Thus this book will provides insight into construction safety for SMEs as well as health and safety compliance and its policy implementation trends and development      The Disability Support Worker Geoff Arnott,2020-04-13 The third edition of The Disability Support Worker meets the needs of people who adopt a person centred approach in their work The wholly Australian text includes information about the National Disability Insurance Scheme and other required reforms consistent with the United Nations convention on the Rights of People with Disabilities This text supports training and skills development for the CHC43115 Certificate IV in Disability Revisions for this edition reflect changes to the training package particularly upgrading competencies dealing with individualised support empowerment and facilitation consistent with a strengths based approach Premium online teaching and learning tools are available on the MindTap platform Learn more about the online tools [cengage.com.au/mindtap](http://cengage.com.au/mindtap)

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**Community** Helen Croft,2015-05-20 Personal carers in Australia s community care environment offer crucial daily support to the frail aged to those with a disability and to primary carers Caring in the Community provides a solid practical introduction to the role and responsibilities for workers caring for clients in their own homes      Occupational Injury Anne

Marie Feyer,A Williamson,1998-01-20 Occupational injury is a major and often preventable health problem in the work environment Each year throughout the world millions are affected by traumatic occupational injuries and many thousands are actually killed in work related incidents This book provides a diverse and multi faceted look at some of the themes directing late 1990s research and intervention within the area of occupational injury and safety The book is divided into seven thematic parts with an introduction provided for each section The topics include estimating the size of the problem with discussions of different analytical techniques and their efficacy the nature of causal agents the relative roles of risk behaviour and organization processes and the role played by compensation processes Together the book brings into focus twenty chapters which address some of the issues of occupational injury and safety      **The Big Picture** Karen Kearns,2024-12-11 The Big Picture 6e examines the personal and professional skills needed to be an early childhood educator It provides students with a practical introduction to working in a children s service environment and helps to bridge the gap between theory and practice This text supports training delivery in Certificate III in Early Childhood Education and Care CHC30121 and introduces the Early Childhood Australia Code of Ethics and the challenges that may be faced when working with families and children The author also emphasises the importance of knowing the traditional areas of early education and development and links them to the Early Years Learning Framework EYLF and the National Quality Standards NQS      **Encyclopaedia of Occupational Health and Safety** Jeanne Mager Stellman,1998      *Training and Assessment - Theory and Practice* Michelle Travers,Tim Rule,Ifzal Syed,Diane R. Lawlor,2017-10-04 Training and Assessment Theory and Practice 1e covers all core units and essential elective units of TAE40116 Certificate IV in Training and Assessment It takes both theoretical and pragmatic approaches to help learners gain essential knowledge and skills through solid and well researched theories by respected authors Each chapter is a self contained unit that offers sufficient volume of learning and volume of assessment to support delivery of training and assessment Designed as part textbook part workbook the A4 spiral bound full colour format increases student engagement particularly for visual and experiential learners A customisable premium Assessment Pack can be purchased separately to help institutions design develop and administer assessments more effectively and efficiently For more information visit <https://cengage.com/au/vet/assessments>      **Human Resource Management** Alan Nankervis,Marian Baird,Dr Jane Coffey,John Shields,2019-08-29 Now in its 10th edition AHRI endorsed Human Resource Management Strategy and Practice provides a strong conceptual and practical framework for students of human resource management The successful integrative strategic HRM model is retained and the most recent developments in human resource management theories and practices are explored A multitude of contemporary regional and international examples are incorporated throughout alongside expanded coverage on the future of work and emerging HRM issues Thoroughly revised and updated with the latest research findings this edition adopts a lateral approach to illustrating the evolving HRM landscape and promoting employability Now available on the MindTap platform Human Resource

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**Dynamics of Fluid and Structural Interactions** Jannette Behrndtz Frandsen, 2012-05-15 The book's aim is to integrate the topics of fluid and structural dynamics a developing field in research and academia The purpose of this integration is to identify the causes of structural vibration problems which can be experienced on large engineering structures such as buildings bridges or oil installations and to prevent them at the design stage There are currently no books of this type offered to the primary target group structural engineers There are textbooks on wind loading structural dynamics ocean engineering presented as separate topics but very little material in the literature which attempts to integrate fluid structural dynamics Integration of accurate description of fluid loading and the structural response can provide important knowledge to structural engineers in their analysis and design of structures The book will therefore be of interest to engineers in all areas who have an interest in fluids structures and general vibration problems The book will contribute to the next generation of tools for improving the performance of large structures in coastal areas in the ocean and other areas where large structures will be built It will prepare the new generation of engineers for thorough plans of mitigation strategies in early phases of the analysis and design of structures thus potentially saving human lives during natural hazard events Integrates the study of fluid and structural dynamics Explains and assesses damping techniques Many worked examples and solutions

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