

SOLUTIONS IN MANUAL HANDLING



Manual Handling - What is it?

It is any lifting, pushing, putting down, pulling or carrying of a load.

Is there a problem with it?

Yes, it is one of the biggest causes of injury at work resulting in your employees being off work and costing you money. Most injuries are to the back.

Does it matter?

Yes, because every employer should avoid the risk of injury, through either not allowing their employees to do anything that involves manual handling or by mechanising the process. Obviously you want to stay in business so every employer, where risk cannot be avoided, must carry out a manual handling risk assessment. These requirements are a legal duty and you need to comply.

Why should we bother?

It will save you money on insurance, compensation and legal sanctions. It will also lead to a happier workforce, increases in productivity and potential business growth. It is good to let your customers know that you take health and safety seriously and to be able to demonstrate that you are a company that believes in quality.

What should we do?

Speak to JRL Solutions Ltd who will provide basic advice on how to proceed and at your request will visit and carry out the requirements for you. You may even be able to do it yourselves with a little help or training.

What does the assessment entail?

Looking at the load, the job being done, the environment in which the job is done and the person doing it. The important thing is to identify those things that will make the job less damaging to health.

It is done by observation, talking to people, studying relevant documentation, photographs and sometimes video.

Is there anything else we should do?

Yes, the assessment may show it is necessary to train your people in safer handling techniques and methods.

JRL Solutions Ltd can also do this for you in a friendly in-house event.

If you have a problem contact us for a solution at :-

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We do not leave you with the problem but work with you to solve it.

My personal guarantee.

JRE Leigh BSc (Hon), CEng, CMIOSH, MIIRSM, MIMM
Chartered Health and Safety Practitioner
Director of JRL Solutions Ltd

 **JRL SOLUTIONS LTD**

**Consultancy Advice and Training in
Occupational Health, Hygiene and Safety
to solve a wide range of issues for organisations**