

# Successful Training

- Successful training is portable knowledge, money well spent.
- Sharing information and helping others.




# *Definition of Manual Handling*



Includes the following:

- Pushing and / or pulling
- Transporting
- Carrying
- Lifting
- Lowering

# *Your Small Business... Watch Their back*

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- i. Foot position: Boxers Stance.
  - ii. Back straight.
  - iii. Look ahead.
  - iv. Maintain curves in low back and neck.
  - v. Use thigh muscles.
  - vi. Load close to body.
  - vii. Do not stoop or twist.

# *Risk Assessment: Skip This and Your Skipping Days Are Over...*



- Load L
- Individual I
- Task T
- Environment E

‘Use of protective clothing when needed’

Make LITE of the load to stay healthy!!!

# *Help Is Out There*



[www.hse.gov.uk](http://www.hse.gov.uk)

- Free Leaflets
- Advice for employers and employees
- Law and changes of law in the wokplace.
- Video
- Dundee and Angus Chamber of Commerce.

# *Accidents Do Happen...*



- Encourage staff to report incidents and accidents. Twinges can indicate early injury.
- Disc symptoms develop over 36 to 72 hours.
- Repeatedly finishing work with pain could indicate a serious problem.
- YOU should know your accident procedure.

## *Best Practise*



- Avoid hazardous manual handling operations so far as reasonably practicable.
- Assess any hazardous manual handling operations that cannot be avoided.
- Reduce the risk of injury so far as reasonably practicable.

*That's all folks*



Thank you for listening have a  
successful working life and watch  
your back!