

# Manual Handling

## **Overview**

Manual handling and the transporting or supporting of loads by hand or bodily force causes more than a third of all over three-day injuries reported each year to enforcing authorities. Musculoskeletal disorders affecting the back, caused by work, are estimated to cost industry up to £335 million a year (1995/96 prices) with an estimated average of 11 working days lost for each sufferer (*Source: HSE*). This additional burden is likely to increase following employee awareness of their right to claim damages against employers for such injuries, where adequate arrangements for their safety have not been made.

The Manual Handling Operations Regulations 1992 require that employers should *avoid* the need for manual handling within their workplaces. Where this is not reasonably practicable, an assessment of the risk to employees is legally required, and if necessary, control measures to reduce the risk of injury *must* be introduced and maintained.

## **Tetra Solution (Training)**

Tetra can offer high quality training, which can be fully tailored to meet individual client's needs. All training courses offer delegates both the relevant theoretical background and practical skills required for personnel involved with the management of manual handling within an organisation. A typical course would include the following areas:

- Manual handling injuries [anatomical theory].
- Legal implications.
- How to conduct a manual handling assessment.
- Practical application of the principles of safe lifting.
- Application of principles and techniques in solving difficult handling tasks and problems encountered in work situations.

Courses can be run over ½ a day or a complete day dependent on individual client requirements.

## **Tetra Solution (Consultancy)**

MSS consultants can provide a wide range of consultancy services regarding manual handling, these include:

- Audit and review of your company manual handling arrangements and assessments.
- Undertake manual handling assessments on behalf of the company.

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