

## General Principles Module 1



Updated January 18

## Learning outcomes

By the end of this training you will be able to:

- Know basic legislation and definitions
- Recognise how injuries are caused and which parts of the body are affected by injuries
- Know the importance of using the semi squat lift and how to adapt it
- Know the importance of increased postural awareness in order to reduce injuries

## What is Manual Handling:

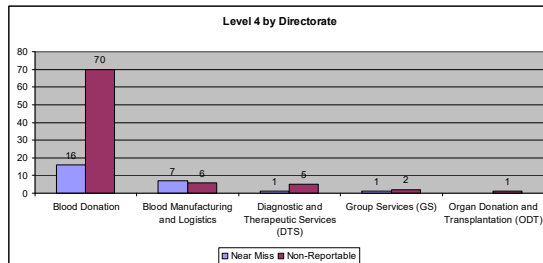
*The transportation or supporting of a load (including lifting, putting down, pushing, pulling, carrying or moving) by hand or by bodily force*

The term 'load' includes objects, people and animals.

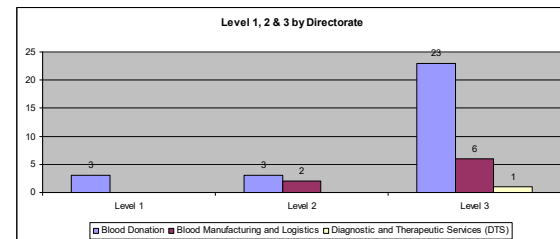
Manual Handling Operations Regulations 1992 (as amended)



## Manual Handling



## Manual Handling



## Manual Handling Operations Regulations 1992

- Carry out general risk assessment (MH&SW Regs)
- *Avoid significant* risks if possible
- Consider mechanical or automated process
- If task cannot be avoided or automated carry out risk assessment in accordance with the MHOR
- Record findings and produce SSW
- Provide training to employees



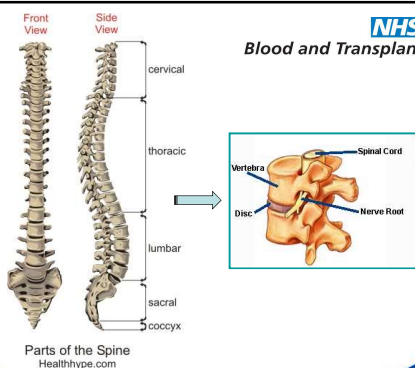
## MHOR 1992 Duties of the Employees

Employees are legally required to:

- Take reasonable care of their own health and safety and that of their colleagues and clients
- Use available work and safety equipment, in accordance with the training and instruction provided
- Follow appropriate systems of work laid down by the employer in their manual handling policy
- Use proper channels to inform management of possible hazards or shortcomings in manual handling activities.



## The Spine



## Spine

- Load evenly distributed
- Reduces compression on the spine
- Neutral position
- Muscles balanced
- Reduces tension on tissues
- Face direction of travel (no twisting).



## Anatomy and Biomechanics



## Causes of Back Pain



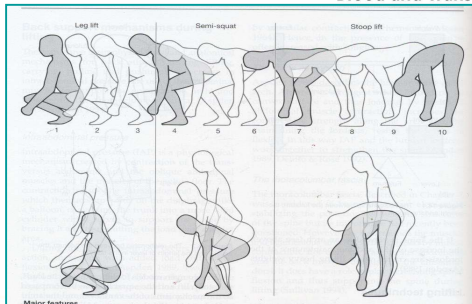
## Biomechanics Demonstration



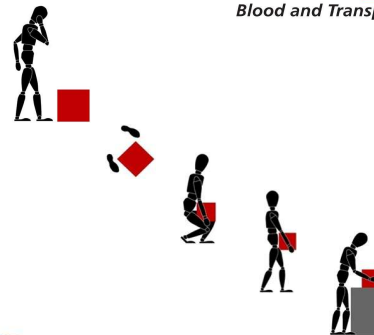
## Childs play



## What lift is best?

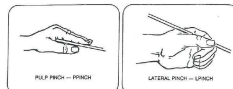


- Assess
- Feet
- Knees
- Hips
- Back
- Head and neck
- Grip
- Load close
- Put down



## Understanding Postures

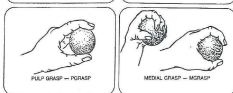
Finger / thumb  
pinch grip



Palm grip



Grasp grip



## Sitting/Standing

- Any sustained posture over time is fatiguing
- Generally sitting is generally less fatiguing
- Unsupported sitting positions encourage poor posture and should be avoided
- Standing should be alternated with sitting whenever possible

**NHS**  
*Blood and Transplant*

## Healthy Sitting

- Maintain an "S" shaped spine
- Wherever possible ensure that your back is supported
- Feet flat on the floor
- Avoid Twisting
- Stand up and Stretch where possible
- Do not remain in a 'static' sitting position for a long period of time
- Adopt good posture whilst carrying out driving tasks

Adjust your chair back so that your back is supported

Adjust your chair height so that your feet are flat on floor

Use separate keyboard and mouse

Screen at eye level with correct use of riser

**NHS**  
*Blood and Transplant*

## Healthy Standing

- Maintain an "S" shaped spine
- Avoid working in a stooped posture
- Avoid repeatedly bending and twisting

Good

Bad

**NHS**  
*Blood and Transplant*

## Simple Exercises

### Upper and Lower Back

Wrists, Hands and Arms

**NHS**  
*Blood and Transplant*

## Simple Exercises

### Upper and Lower Back

Shoulder Stretch

**NHS**  
*Blood and Transplant*

### Manual Handling Yearly Observation

Name .....  
 Team .....  
 Equipment observed lifting .....  
 Manual Handling Trainer .....

Activity	Y/N	Comments: Good practice and improvements
Assess load		
Prepare route		
Position feet		
Stable base		
Bend knees		
Back straight		
Head back, chin in, neck neutral		
Good grip		
Load close		
Load put down safely		

Manual Handling Trainer Signature .....

Date .....

**NHS**  
*Blood and Transplant*

## To sum up : Your Role

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