



**COURTENELL**

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# Your Safety Matters

*This information letter is distributed to those people who are ensuring that their workplace is safe and healthy. This includes members of OHS Committees, OHS Representatives, Safety Officers, Supervisors, Managers and Directors. "Your Safety Matters" (formerly "Committee Member") is a free information letter which has been distributed since 1996.*

## Manual Handling Injuries

**"Manual Handling" is defined in the NSW OHS Regulation 2001 as:**

**"Manual Handling means any activity requiring the use of force exerted by a person to lift, lower, push, pull, carry or otherwise move, hold restrain any animate or inanimate object."**

### Injuries

Manual Handling is one of the highest risk areas within the area of employee health & safety. Back injuries and other musculoskeletal injuries are commonplace in many organisations. The cost in worker's compensation in NSW is in the hundreds if millions of dollars.



### Solutions

So, what can be done about this? The solution lies in:

1. Identifying the manual handling tasks that involve risks,
2. Assessing the risks,
3. Eliminating or controlling the risks, and
4. Monitoring and reviewing the risk controls.

### Training

Manual handling training helps control risk and is a legal requirement. It is important that employees;

- > Understand why and how manual injuries occur,
- > Know the potential safety risks in their activities, and
- > Do their activities in a manner that minimises risk to the lowest level reasonably practicable.

### Reference Sources

- > Manual Handling Risk Guide - WorkCover NSW publication
- > National Code of Practice for the Prevention of Musculoskeletal Disorders from performing Manual Tasks at Work 2007.



*This publication provides general information about ohs. It is not a legal opinion and does not represent a comprehensive statement of the law to be applied to a particular problem.*

Brought to you by Courtenell Pty Ltd, Occupational Health & Safety Training Specialists.  
ABN 42164393628 ~ Fax : 02 9516 3644 ~ Email : train@courtenell.com.au ~ Website : www.courtenell.com.au  
Phone : 02 9516 1499 ~ If you need any more information, you can contact us by phone, email or by fax anytime.