

NEBOSH HSE Certificate in Manual Handling and Risk Assessment





Learning objectives:

By the end of today we will be able to understand:

- Why manual handling should be avoided, the moral, business and legal reasons for assessing and managing it and common types of injuries that arise.
- Understand risk factors associated with manual handling, the application of HSE's manual handling assessment tools (MAC and RAPP) and what makes a risk assessment suitable and sufficient.
- How to avoid manual handling risks with the use of mechanical assistance and recognition of good handling techniques.

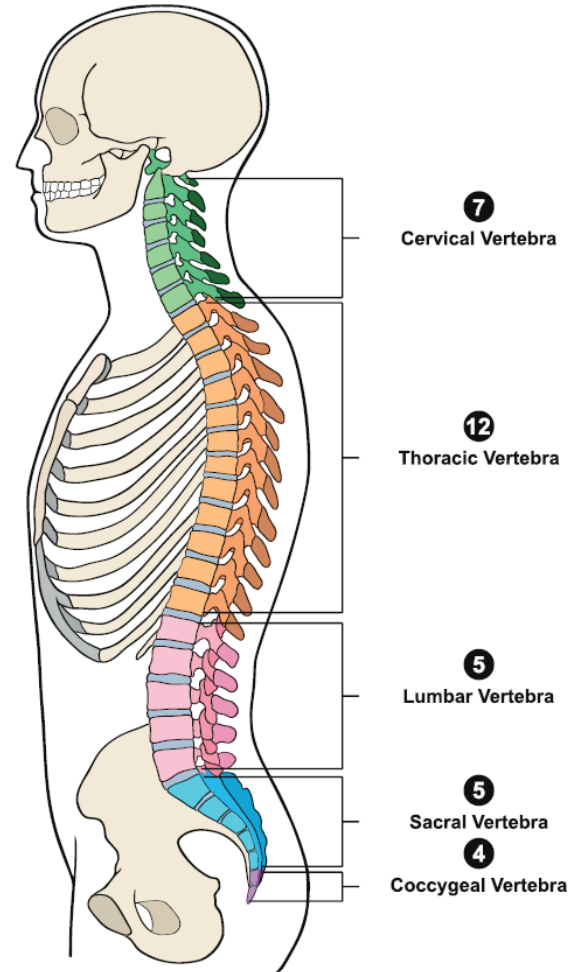
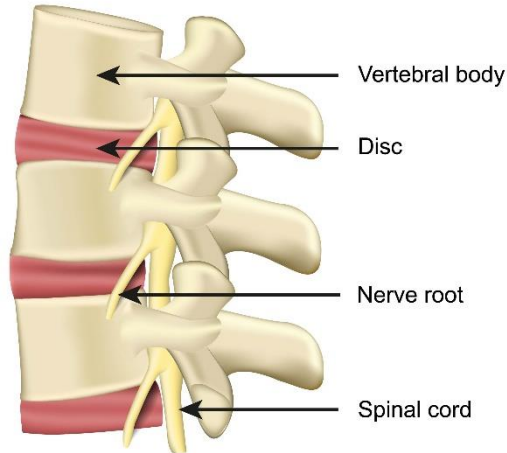


The spine



The spine

- Purpose
- Anatomy
 - vertebrae
 - intervertebral discs
 - ligaments
 - tendons
 - muscles
- Flexibility
- Shape
- Limitations





Common tasks

Excessive force

Repetitive wear
and tear

Static loading



Common injuries



Sprain

Muscle strain

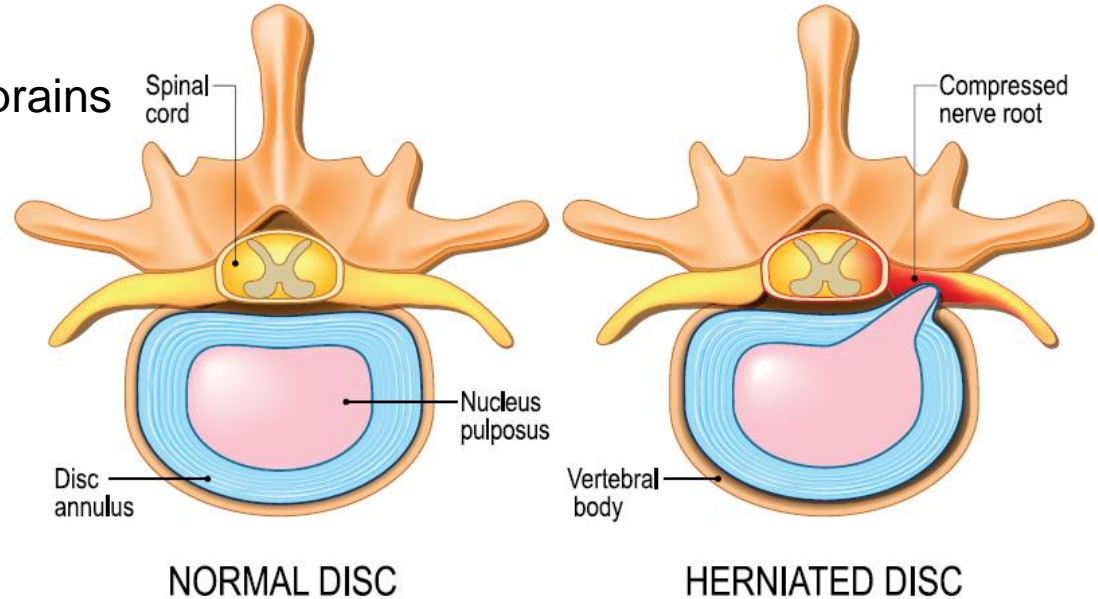
Acute illness

**Chronic
illness**



Common injuries

- Muscle strain
- Acute strains and sprains
- Torn ligaments
- Postural strains and sprains
- Joint stiffness
- Disc strain
- Herniated disc





If a member of your team had to take six weeks' leave due to a back injury, how would that impact your workload or ongoing projects?



If you had to avoid lifting and carrying for six weeks, would it prevent you from doing anything outside of work?

