



Stop & Talk: Manual Handling

Health, Safety, Security, & Environment

SaferTogether

Manual handling is something we do every day at home or in the workplace. Maybe when carrying a child or helping someone in need, or simply carrying your shopping or even your laptop to and from the office.

What does this mean to us?

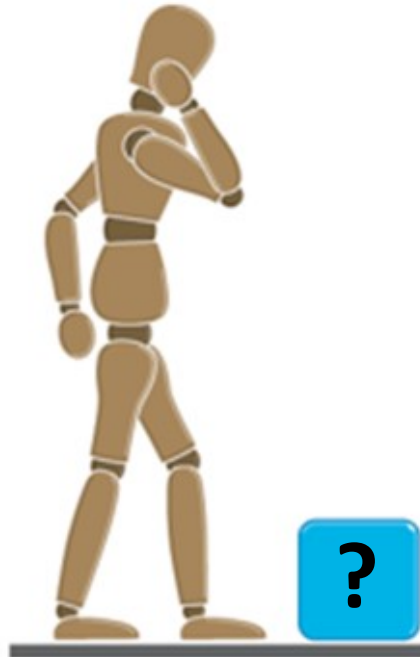
One of our staff moved an item in the office and it was heavier than they expected. Consequently, they felt a twinge in their back and had discomfort for several days.

Some objects can be hard to determine their weight just by looking at them.

Newly delivered items may state the weight of the contents of a box. However, if you are unsure, what can you do to check before lifting the item?

If you have questions, please contact your supervisor, Office Safety and Environment Coordinator (OSEC), or local HSSE representative

*HSSE Stop & Talk are written for educational purposes and are not intended to replace safe work practices or procedures.
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What should you do?

A common approach is to give an item a little nudge or tilt just to get a feel for an objects weight. This should help guide you on whether something is heavier or lighter than it looks.

And always ask yourself:

- Am I the right person to be lifting the object?
- Do I have on the right clothing and shoes to do the lift?
- Is the environment around me suitable for lifting and moving the object?
- Is the path clear of obstacles?

Please refer to SWP 115 – Material handling and safe lifting, for further information

