

Manual Handling

Learning from Events Week

1 – 7 June 2020





Manual Handling Overview

‘Manual handling means transporting or supporting a load by hand or bodily force. It includes lifting, putting down, pushing, pulling, carrying or moving loads. A load can be an object, person or animal.’



HSE Website Definition

<https://www.hse.gov.uk/msd/manual-handling/index.htm>



Manual Handling Operations Regulations 1992

The aim of the regulations is to prevent injuries of workers, not only to their back but from any part of the body.

Regulation 4 of the regulations states the hierarchy of measures to be followed to reduce the risks from manual handling;

- **Avoid**
- **Assess**
- **Reduce**





Manual Handling Statistics

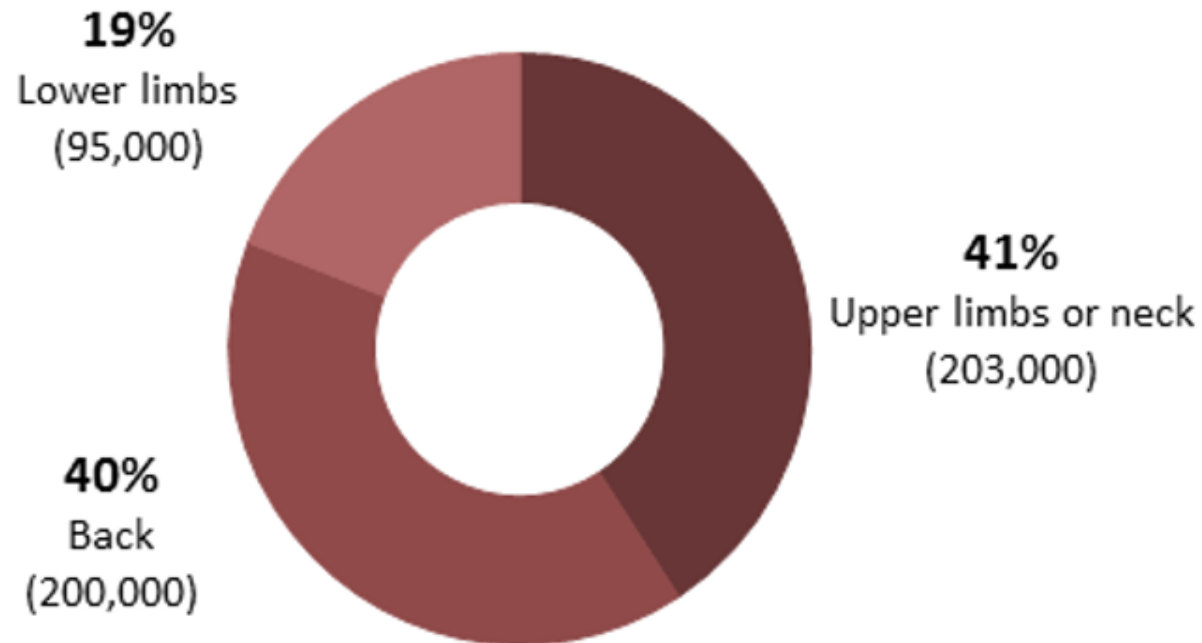
498,000

Workers suffering from work-related musculoskeletal disorders (new or long-standing) in 2018/19
Labour Force Survey (LFS)

6.9 million

Working days lost due to work-related musculoskeletal disorders in 2018/19
Labour Force Survey (LFS)

Musculoskeletal disorders by affected area, 2018/19





Recent Events



A member of staff hurt their back while unloading part of a stressing kit from a vehicle.



The event occurred during a co-ordinated (2 person lift) with another member of the team who lost their grip and dropped their share of the load.

Whilst lifting stressing gear with a co-worker, Member of Staff felt a pop and pressure in their lower back which later turned to a spasm with shooting pain down the right side of their body.

The item being lifted was a stressor kit weighing 65kg and labelled as a 2 person lift.

A member of Works Delivery Staff sprained their back whilst manual handling stressing equipment.



The individual was unloading stressing equipment.

What have we learned and how can we improve?

KEY THEMES

- Communication
- Equipment
- Training
- Competence
- Environment

A large, solid green arrow pointing from left to right, with the word "PLANNING" written in white capital letters in the center.

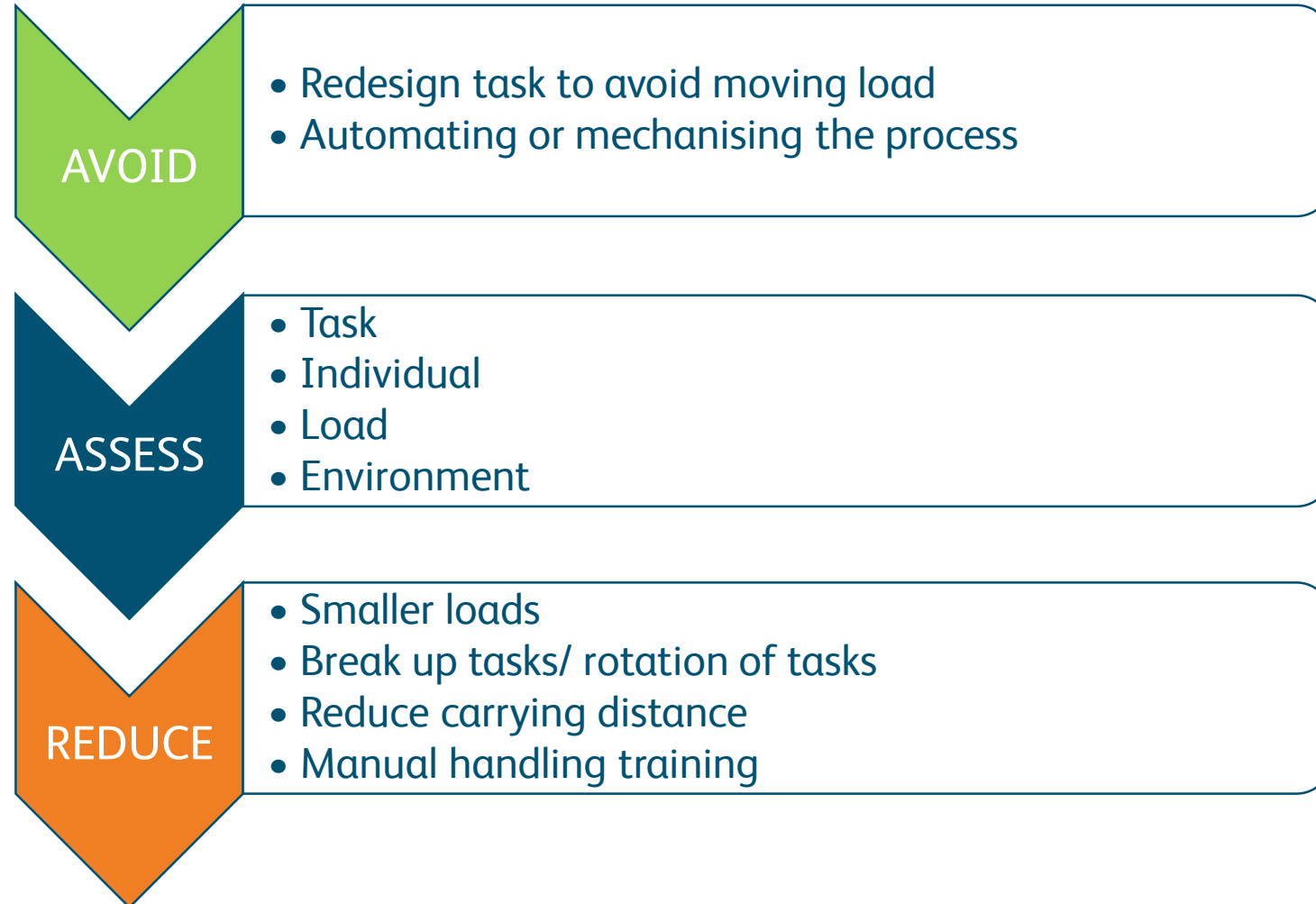
PLANNING

Reduction in Manual
Handling injuries



How can we plan manual handling activities more effectively?

The Manual Handling Operations Regulations 1992 require us to:





- Redesign task to avoid moving load
- Automating or mechanising the process



Safety Advice

Action required following a serious incident



Manual handling of troughing products following ORR prohibition and improvement notices

Issued to: All staff and contractors engaged in the specification, planning, installation, renewal and disposal of troughing products

Ref: NRA 15/02

Date of issue: 24/04/2015

Location: National

Contact: [Dan Mandoc](#), Professional Head - Telecoms

Overview

In May 2014, Network Rail issued [Safety Bulletin 323](#) which prohibited with immediate effect the manual lifting, carrying and team handling of C143 conventional concrete troughing.

In January 2015, Network Rail issued [Safety Bulletin NRB 15/01](#) mandating a risk assessment policy for all troughing products by using the MAC tool together with the troughing elements risk chart.

On 22 April 2015 ORR issued the following Notices:

Prohibition Notice PN40/22042015 prohibiting "single individual employees or contractors manually lifting or carrying 10 or more units of troughing weighing 40kg or more in a 12 hours period" anywhere on Network Rail Infrastructure.

Prohibition Notice PN70/22042015 prohibiting "two employees or contractors manually lifting or carrying 10 or more units of troughing weighing 70kg or more in a 12 hours period" anywhere on Network Rail Infrastructure.

Both of the Prohibition Notices apply immediately. Continuing the activity would be a criminal offence.

A further **Improvement Notice IN/25/22042015** requires Network Rail to undertake a suitable and sufficient assessment of the risk to employees, and contractors working under our control, from manually handling troughing weighing 25kg and more. That assessment will need to identify the measures necessary to control the risks identified.

This additional work is required by 25 October 2015. Further information will be communicated when the work is complete.

Immediate action required

- Compliance with the requirements of the Prohibition Notices is required immediately.
- If you are about to manually handle concrete troughing products then you must have an approved, site-specific risk assessment. If you haven't then stop, request that a risk assessment is undertaken by a competent individual and implement any resulting actions before continuing work.
- All staff and contractors who specify, manage, plan, authorise and carry out manual handling activities relating to the delivery, installation, renewal or disposal of troughing materials must comply in full with the guidance of the HSE manual handling [MAC assessment tool](#) or a suitable equivalent.
- If your work involves any equivalent risk with other loads that you move manually, apply the same controls, derived from risk assessment.



ASSESS

- Task
- Individual
- Load
- Environment

TASK

- Twisting
- Stooping/ Bending
- Sudden Movement
- Repetitive
- Distance to be carried
- Work rate

LOAD

- Weight
- Difficult to grip
- Sharp
- Hot or cold
- Unstable

WORKFORCE
ENGAGEMENT

INDIVIDUAL

- Expectant Mother
- Physical or health
- Ability and fitness
- Experience/ competence

ENVIRONMENT

- Space Constraints
- Uneven flooring
- Slippery flooring
- Poor lighting

A vertical decorative line on the left side of the slide, consisting of a series of blue and white rectangular segments stacked vertically.An orange arrow pointing downwards, with the word "REDUCE" written in white capital letters inside it.

REDUCE

- Smaller loads
- Break up tasks/ rotation of tasks
- Reduce carrying distance
- Manual handling training

- New technology and materials e.g. GRP Troughing reducing the weight of the load.
- How are sites designed and where are materials delivered?
- Can we alter tasks to reduce the load or make it a multi person lift?
- Is there more suitable equipment or equipment that can be modified?
- Improve the environment – space, lighting etc.
- Vary the work / tasks.
- Training – ensure those undertaking manual handling tasks are appropriately trained.



everyone
home safe
every day



Our Lifesaving Rules



a railway fit
for the future



SCOTLAND'S RAILWAY

BETTER IN THE MAKING

