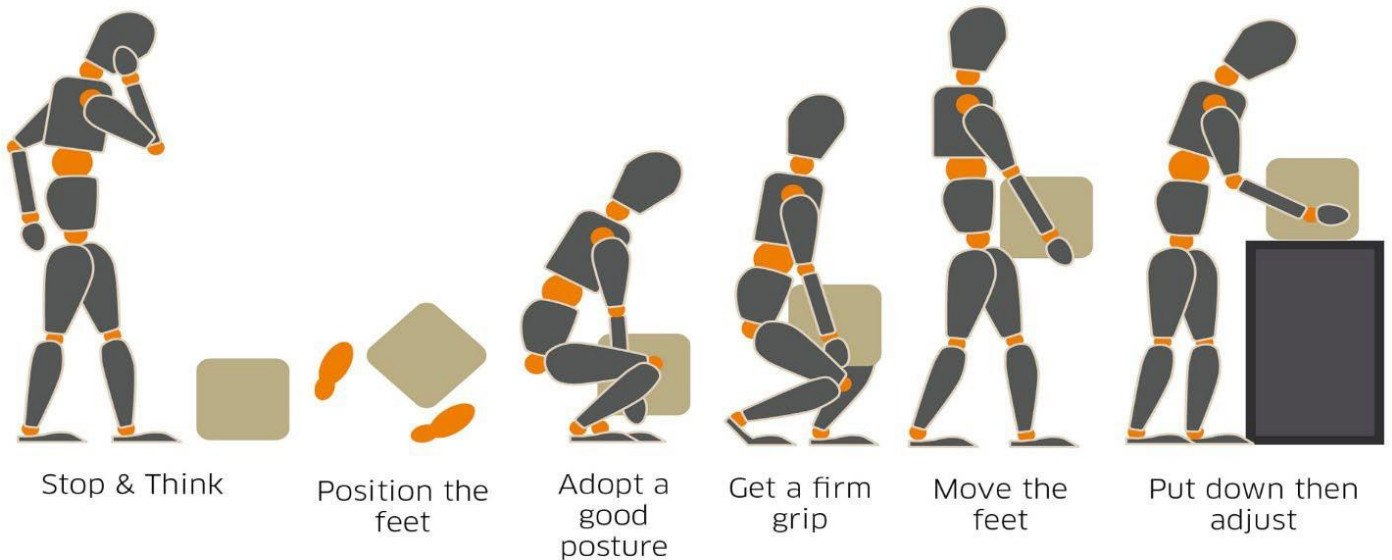


## TT090 – Manual Handling

January 2025

**Manual handling involves the manual transportation or support of a load through the use of hand or bodily force. This encompasses activities like lifting, lowering, pushing, pulling, moving, or carrying a load. A load refers to a movable object, such as a box, package, person, animal; or something being pushed, like a roll cage or pallet truck.**



### Key Facts:

In the construction industry, manual handling injuries rank among the most prevalent, affecting one in four workers annually with back injuries being particularly common. ACC records over 50,000 work-related claims annually, specifically related to lifting, carrying, and strain injuries.

### Tips and Hints:

#### DO!

- Avoid and reduce manual handling activities where possible.
- Use mechanical aids where provided.
- Undertake manual handling training.
- Make sure your travel route is clear before lifting any objects.
- Use suitable PPE such as gloves and safety boots to protect against cuts and crushed toes etc.

#### DON'T

- Attempt to lift an object without assessing its weight first.
- Carry objects over long distances.
- Stoop when picking anything up - bend your knees.
- Attempt to lift an object if it is an awkward shape or size.
- Carry a load that will block your vision.

## TT090 – Manual Handling

January 2025

### AVOIDING Manual Handling Injuries

Construction tasks frequently involve lifting, pushing, pulling, or carrying objects, causing workers to adopt awkward and unbalanced postures that may result in soft-tissue damage. Despite its routine nature, manual handling is often underestimated when evaluating potential risks. It is essential to pause and carefully consider the risks before engaging in any manual lifting, carrying, or moving activities.

#### Approach on-site tasks with a fresh perspective and consider:

- How often is the handling done?
- How long does handling last?
- How far does the load have to be moved?
- What is the size/shape and weight of the load?
- Is there sufficient manpower to safely perform the job?
- What is the most likely injury from this job?
- What is the likelihood of a serious injury?



### SLIPS, TRIPS AND FALLS

The presence of ground clutter, uneven or slippery floor surfaces, poor lighting, or a lack of signage collectively contributes to thousands of workers sustaining injuries each year.

#### What can you do?

- Maintain **tidy work** and storage areas.
- Ensure **well-lit** and **signposted** walkways with good footing.
- Require appropriate, **non-slip footwear** for workers.
- Plan deliveries to minimise on-site material.
- Designate waste collection areas with responsible personnel.
- Opt for **cordless tools** and elevate cables for safety.
- Treat slippery surfaces with stone or grit and provide clear signage.
- **Use ramps** or signage for level changes.

More information regarding protecting yourselves at work can be found on:

**CHASNZ - Work Should Not Hurt**

<https://chasnz.org/work-should-not-hurt/>

