

Manual Handling

Inappropriate manual handling causes many accidents and long term injuries which designers can assist in preventing. Identifying large or heavy elements, if they cannot be avoided, on the drawings allows PC's to plan their lifting and handling strategies.

Other issues to be aware of are:-

- Mechanical handling aids must be utilised where possible to eliminate the need for manual handling in work activities.
- Proprietary aids such as the Gorilla Gripper should be considered for handling sheet material which is the cause of many common musculo-skeletal injuries.
- Consideration must be given to the use of handling aides or how material is packaged to reduce manual handling risks.
- The weight of items must be known by all involved in the task or be displayed on material being handled.

