

Manual Handling

Manual handling related injuries account for almost 20% of all North's crew injury claims. Injuries occur when lifting, twisting or moving around with a load. The tips below can help you stay safe.



STRAIGHT BACK!

Never bend your back when lifting the load.

Bend at the knees.



GOOD GRIP – GOOD VIEW!

Make sure you can grip the object securely and see where you are going.



TURN, DON'T TWIST!

Don't twist your body.

Turn your body with your feet.

CONTINUED OVERLEAF

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When planning your lift – Think SHACKLE

S

STOP AND THINK!

- Read any vessel procedures for manual handling.
- Can the lift be avoided?
- Is the vessel's motion suitable for carrying loads?
- How far are you moving the load?

H

HOW WILL YOU LIFT?

- Can mechanical lifting aids be used?
- If so where are the lifting points?
- Do you need push / pull assistance e.g. a trolley or palette jack?

A

ASSESS THE LOAD

- What is the weight of the object?
- What are the load's dimensions?
- Where is its centre of gravity?
- Can the load be split into smaller packages?
- Is a multi-person lift required?
- Can it be grasped and carried securely?
- Can you see over the load while carrying it?

C

CLEAR THE ROUTE

- Is there enough space to conduct the lift?
- Remove any trip hazards.
- Are there any steps or stairs involved in the lift?
- Is there enough lighting in the space?
- Is the landing area prepared?

K

KNOWLEDGE

- Are the crew trained in manual handling techniques?
- If mechanical lifting equipment is to be used, do the crew understand its safe use?
- Are crew suitably experienced? Do they need supervision?

L

LIFT

- Does everyone involved understand the task to be completed?
- Conduct the lift using the correct techniques to avoid injury.

E

EVALUATE

- Did the task go as planned?
- Do you need to discuss and record any lessons learnt?

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