

Manual Handling Hazards

Manual handling injuries accounted for almost one third of non-fatal injuries in Ireland in 2011*

Hazards associated with manual handling of loads in the workplace include:

Workplace factors

- Lack of information and training
 - Lack of awareness
 - Poor housekeeping
 - Inadequate/ no lifting equipment
 - Slippery floor surfaces
 - Stairs or steps
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Load factors

- Heavy loads
 - Large/ bulky loads
 - Vision is blocked when carrying loads
 - Contents are liable to move
 - Difficult to grasp
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Task factors

- Repetitive
 - Distance
 - Over-stretching
 - Awkward postures (twisting, bending)
 - Time pressure
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Individual factors

- History of injury or back pain
 - Medical condition
 - Pregnancy
 - Require excessive strength
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Manual handling hazards are a cause of a number of musculoskeletal disorders (MSDs) which commonly affect the back, shoulders and neck with muscle, nerve and/or joint pain. Leg and arm injuries (from falls and trips while carrying loads) are also associated with manual handling.