

8 Tips to Avoid Manual Handling Injury & 7 Common Causes of Manual Handling Injuries



What are the real costs of workplace injuries in your organisation?

Direct costs

Latest 2015 release: "With the release of WRIS data for the 2013-14 financial year, Safe Work Australia has re-estimated the total economic cost of work related injury to the Australian economy for the 2012-13 reference year. The total economic cost for the 2012-13 financial year is estimated to be \$61.8 billion, representing 4.1 per cent of GDP for the same period." [Safe Work Australia](#)

Indirect Costs

The **indirect costs** of a manual handling injury have been estimated at around five to 10 times the direct costs and include:

- down-time and loss of productivity
- replacement labour and training costs
- penalties/prosecution costs
- rehabilitation/retraining costs for the injured employee
- damage to plant/replacement costs
- inspection/investigation and report writing costs
- damage to customer relations/delivery contracts/corporate image.

[8 Tips on Safe Manual Handling](#)

[7 Common Causes of Manual Handling Injury](#)

[What is manual handling really?](#)

[Manual Handling Training Made Easy](#)

[Special Offer - Up to 40% off the 2015 Manual Handling program](#)

8 Tips on Safe Manual Handling

1. Take a moment to assess all tasks prior to performing them
2. Use mechanical aids such as trolleys wherever possible
3. Always seek help from a colleague if the load is too heavy or awkward to handle on your own
4. Stretch and warm up before you start a task
5. Bend your knees, keep your back straight and engage your stomach muscles when lifting items, regardless of the weight
6. Lift in the zone between your knees and your shoulders wherever possible
7. Ensure the load remains close to your body, especially when carrying
8. Report any early signs of pain or discomfort to your manager

Manual handling injuries, illnesses and other diseases can occur suddenly over a long period of time.

Most jobs include some sort of manual handling, so most workers are at risk of injury, no matter how minimal they believe their work to be.

7 Common Causes of Manual Handling Injury

1. Incorrect lifting
2. Bending or reaching for items incorrectly
3. Slouched sitting or incorrect posture
4. Constant twisting or jerking movements
5. Lack of appropriate rest
6. Obesity or poor nutrition
7. Stressful working conditions and living habits

Which of these 10 tasks would your workers list as manual handling?

- | | |
|-------------|----------------|
| 1. Lifting | 6. Restraining |
| 2. Pushing | 7. Carrying |
| 3. Pulling | 8. Assembling |
| 4. Holding | 9. Cleaning |
| 5. Throwing | 10. Sorting |

These tasks all involve manual handling yet many perceive manual handling as just lifting and carrying.

Manual Handling Training Made Easy

Improve your workplace manual handling by offering easy access to training with the recently released video [Manual Handling: Focusing on the 'WHY'](#).

The training is available in several formats:

- On DVD to deliver in group training
- eLearning licence to deliver from your company intranet.
- Licenced to deliver as a video electronically from your company intranet servers.

What will excellence in manual handling training cost?

Compare the *direct* and *indirect cost* of manual handling injuries in your workplace with the price of delivering training with *Manual Handling: Focusing on the 'Why'*.

DVD price..... \$295.00*

eLearning licence to deliver from your company intranet..... from\$795.00*

Intranet video streaming licence from your company servers..... from\$495.00*

Special offer for 10 days*

- 10% OFF eLearning courses
- 15% OFF streaming video licences
- Up to 40% OFF purchases of multiple DVDs (scaled in relation to quantity)

Contact us today to arrange a quote for:

- multiple copies of the DVD
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- video streamed licence to deliver across your company intranet from your servers.

***Terms & Conditions**

- To be eligible for the offer, orders must be placed before 5pm AEDT Friday, March 11, 2016
- GST and shipping are additional.