

Manual Handling Training Materials

International Manual Handling Day - July 22



Training Presentation Outline

Slide 1: Welcome to Manual Handling Training

- International Manual Handling Day
- July 22 - Celebrating Workplace Safety

Slide 2: Why Manual Handling Matters

- 543,000 workers suffer from work-related MSDs
- 21% of workplace injuries from manual handling
- €230k maximum compensation for severe injuries

Slide 3: The Ten Commandments of Manual Handling

1. Stretch to prepare for the workday
2. Check your route for obstacles, cords, etc.
3. Size up the load, get help if needed
4. Communicate with patient and/or lifting partner
5. Utilize lifting aids available—Maxi-slides, Stedy, etc.
6. Lifting/moving people is different than moving objects
7. Use proper position—spine angle, wide stance
8. Lift with the legs
9. Hold the load as close to the body as possible
10. Avoid twisting—pivot with feet

Slide 4: Proper Lifting Technique

- Keep back straight
- Bend at knees, not waist
- Get close to the load
- Use leg muscles to lift
- Avoid twisting motions

Slide 5: Risk Assessment

- Evaluate the task before starting
- Consider weight, size, and shape
- Check your route
- Identify potential hazards
- Get help when needed

Slide 6: When to Use Lifting Aids

- Loads over 23kg (50lbs)
- Awkward shapes or sizes
- Repetitive lifting tasks
- When feeling fatigued
- Team lifting situations

Slide 7: Common Injuries and Prevention

- Back strains and sprains
- Shoulder injuries
- Knee problems
- Prevention through proper technique

Slide 8: Emergency Procedures

- Report injuries immediately
- First aid procedures
- When to seek medical attention
- Incident reporting process

Slide 9: Assessment Questions

1. What are the Ten Commandments of Manual Handling?
2. When should you get help with lifting?
3. What is the proper lifting posture?

4. How do you prevent back injuries?

Slide 10: Certification

- Congratulations on completing training
- Certificate of completion
- Remember: Safety is everyone's responsibility

Training Handouts Included:

- Quick reference card with Ten Commandments
- Risk assessment checklist
- Incident report form
- Certificate template

Assessment Form:

Manual Handling Knowledge Test 1. List three key principles of safe lifting 2. When should lifting aids be used? 3. What is the maximum recommended lifting weight? 4. Describe proper lifting posture 5. What should you do if you feel pain while lifting?

Practical Assessment: - Demonstrate proper lifting technique - Show correct use of lifting aids - Perform risk assessment of lifting task

This training material is provided free for International Manual Handling Day. Use the MHD logo freely on your workplace safety materials.