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Manual Handling October 2014

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How Are We Doing?

LTI's - 0 in last 12 months

Location Period	Oil & Gas Base AFR	Oil & Gas Sites AFR	Total AFR
September	0	0	0
12 Month Rolling	0	1.59	1.45

- Statistics presented one month in arrears.
- AFR includes first aid/ medical treatment cases.
- $AFR = (Accidents / Manhours) \times 100,000$

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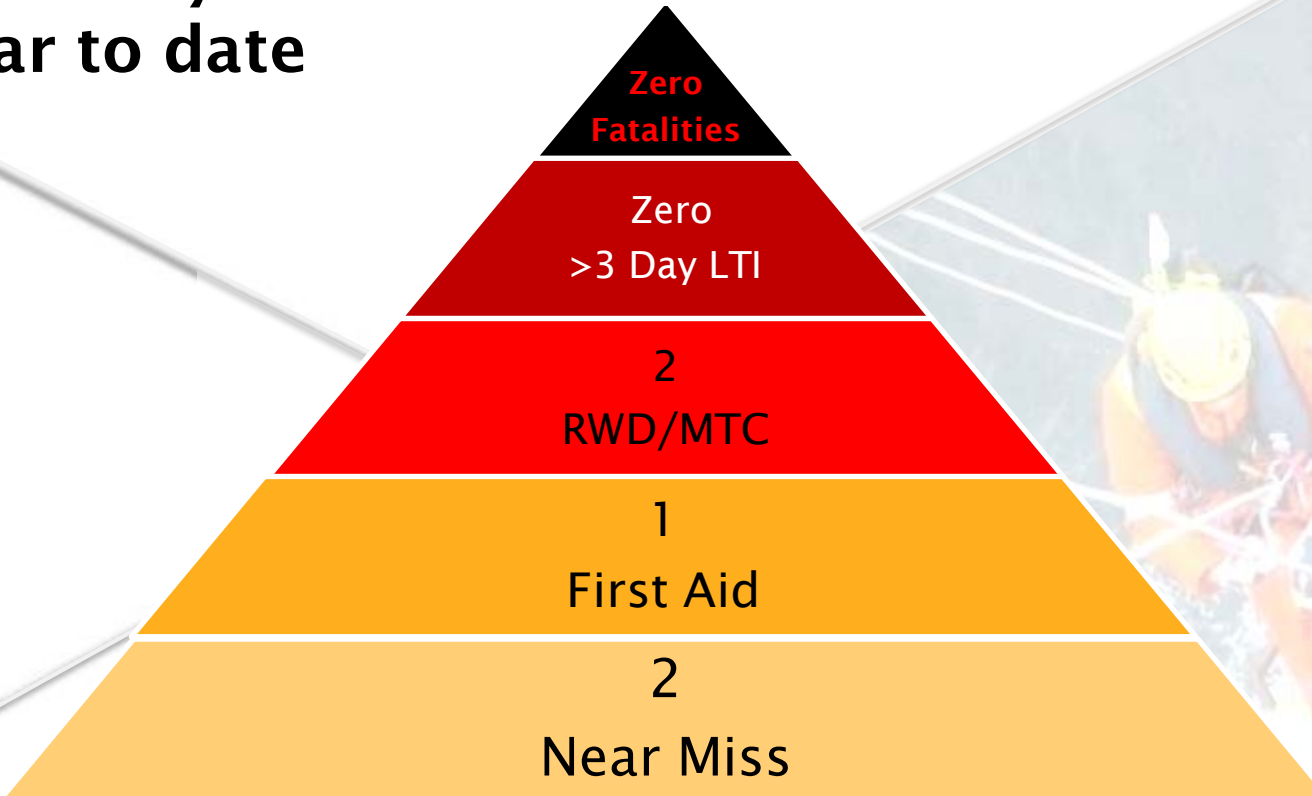
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How Are We Doing?

Summary of incidents year to date



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Manual Handling

Manual handling features in almost everyone's job, in almost every sector.

Manual handling can include:

- Lifting
- Pushing
- Pulling
- Manoeuvring
- Steadying
- Carrying
- Transporting



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Statistics

Manual handling is one of the most common causes of injury at work, HSE statistics for 2012-13 showed:

- It accounts for more than one in five of all workplace injuries
- An estimated 1.6 million working days were lost due to handling injuries
- The estimated average number of days lost for each handling injury was 10.8 days
- An estimated 222 000 total cases of work related Musculoskeletal disorders were caused by manual handling

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Injuries

The most common injuries caused by manual handling are:

- sprains and strains
- contusions
- lacerations
- fractures



Back injuries are the most common problem associated with manual handling and are a major cause of occupational ill health in the UK.

Approximately 80% of people will suffer from backache during their working lives.

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Employer Duties

Regulations require employers to:

- **Avoid** the need for hazardous manual handling.
- **Assess** the risk of injury and let employees know about the risks identified.
- **Reduce** the risk of injury where manual handling cannot be avoided.

Elimination

Substitution

Engineering Controls

Signage

PPE

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Employee Duties

Employees have duties too, you should:

- Follow the safe systems of work in place.
- Make proper use of the equipment provided for your safety.
- Co-operate with your employer on health and safety matters.
- Let your employer know if you spot any hazardous manual handling activities.
- Be careful and ensure that your activities do not put others at risk.



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Good Handling Technique

Think before lifting or handling heavy objects.



Keep the load close to the waist.



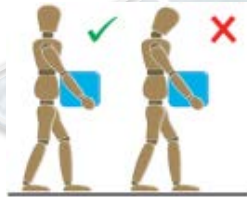
Adopt a stable position with feet apart and one leg slightly forward to maintain balance.



Start in a good posture.



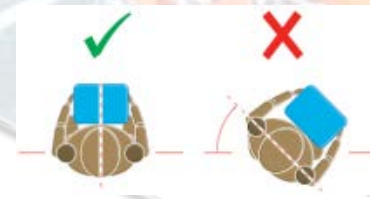
Keep the head up whilst handling.



Put down, then adjust.



Avoid twisting the back or leaning sideways, especially when the back is bent.



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Rules for Safe Lifting

Stop and think.

- Never lift anything beyond your capability.
- If in doubt, get some help.

Avoid the lift.

- Is it necessary to manually lift the load?
- Can it be avoided?
- Can mechanical aids be used?

Assess the load.

- What is its weight?
- What is its shape and size?
- Is the heaviest side closest to your body?



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Rules for Safe Lifting

Plan the task.

- Is the route clear?
- Do doors need opening?
- Is the route level?
- What is lighting like?

Personal protective equipment.

- Do I need gloves?
- Do I need protective footwear?
- Do I need protective clothing?

Team work.

- Do I need help?
- Who will give instructions?

Information.

- Has the activity been risk assessed?
- Have I been trained to lift this load?
- Have I sought guidance from management?



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Back Care Tips

- Exercise regularly - walking, swimming and cycling are good for strengthening back muscles.
- Maintain a good posture - no slouching in your chair, hunching over a desk or walking with your shoulders hunched.
- Quit smoking - it is thought that smoking reduces blood supply to the discs between the vertebrae may lead to degeneration.
- Lose any excess weight.
- Use a mattress suited to your height, weight, age and sleeping position.
- Where a back injuries is sustained, early reporting of symptoms and proper treatment is essential.

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Remember!!

- There is a difference between what people **can** lift and what they **can safely** lift. If in doubt, seek advice or get help.
- **Don't** lift or handle more than can be easily managed.
- **Use your judgement**, look out for people puffing and sweating, excessive fatigue, bad posture, cramped work areas, awkward or heavy loads or a history of back trouble.

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Topics Covered In 2014

- January – Waste Management
- February – Quality Principles
- March – Driving
- April – Drug & Alcohol Awareness
- May – Job Preparation – Quality
- June – Safe Use of Ladders
- July – Confined Space
- August – PPE
- September – Near Miss & Incident Reporting

If you have missed any of these presentations or would like to review a topic again then please contact your line manager.

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Your behaviour makes a difference

Look after yourself

Look out for others

Use safety equipment

Follow safety procedures



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