

HSSE SHARING

By Clement Emang Yusup Ngau

Safety Sharing

1. Manual Handling

- ✓ Transporting or supporting a load by hand or bodily force.

2. Impact of Manual Handling

Negligence

- ✓ Acute injuries – ankle sprains, hamstring
- ✓ Chronic injuries – spine & disc disorder

3. Hazard Identification


- ✓ Onshore/Offshore Hazard Hunt E-Card
- ✓ Observation / walk through survey

4. Guidelines for Lifting

Manual











- ✓ Plan
- ✓ Position
- ✓ Pick
- ✓ Proceed
- ✓ Place

Monthly Safety Sharing



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MANUAL HANDLING

	<p>USE MECHANICAL AIDS WHEREVER POSSIBLE</p> <p>Use tools such as trolleys, hoists, sack trucks, lifts or wheelbarrows to move your loads.</p>		<p>PLAN THE LIFT BEFORE YOU START</p> <p>Where is it going? Do you need any help? Have you got a path to clear and there are no obstructions?</p>
	<p>WORK FROM A STABLE BASE</p> <p>Position your feet slightly apart to give you a solid foundation to contact the lift.</p>		<p>WEAR SUITABLE CLOTHING</p> <p>Tight clothing or unsuitable footwear is going to hinder the lift.</p>
	<p>HUG THE LOAD</p> <p>The closer the handle is to the lift, the closer it is to your back.</p>		<p>BEND YOUR KNEES</p> <p>Use your thigh muscles to bend at the knees to pick up the load. Don't bend your back.</p>
	<p>AVOID TWISTING OR LEANING</p> <p>The spine sustains the most pressure by twisting or leaning.</p>		<p>KEEP YOUR HEAD UP</p> <p>Look ahead when moving the load at the base. The feet keep ahead of the load. The back and feet will be able to see where you are going!</p>
	<p>KNOW YOUR LIMITS</p> <p>If the load is too heavy for you, get help!</p>		<p>IT IS MUCH SAFER TO PUSH A LOAD, RATHER THAN PULL IT</p> <p>Pushing a load will cause less stress on your muscles than pulling.</p>

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Thank you !

Questions and Answering Session

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