

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



MANUAL HANDLING



USE MECHANICAL AIDS WHEREVER POSSIBLE

It's much safer to use a trolley, sack truck, lift or other equipment than your back.



WORK FROM A STABLE BASE

Position your feet slightly apart to give you a solid foundation to conduct the lift.



HUG THE LOAD

The closer the load is to your back, the less strain on your back.



AVOID TWISTING OR LEANING

The pressure on the low back is much greater when twisting or leaning.



KNOW YOUR LIMITS

If the load is too heavy for you, get help!



PLAN THE LIFT BEFORE YOU START

Where is it going? Do you need your hands free when you pick it up? What is the weight? Is there a clear path to the destination?



WEAR SUITABLE CLOTHING

Tight clothing or unsuitable footwear is going to hinder the lift.



BEND YOUR KNEES

Use your thigh muscles to bend at the knees to pick up the load. Don't bend your back.



KEEP YOUR HEAD UP

Look ahead when moving the load. If you have to look down at the load, try to keep your head up as much as possible, and you will be able to see where you are going!



IT IS MUCH SAFER TO PUSH A LOAD, RATHER THAN PULL IT

Pushing a load is much safer than pulling it. Pushing a load is much safer than pulling it.

For any Safety Course Enquiries Please Contact Us

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Thank you !

Questions and Answering Session

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