

❑ MANUAL HANDLING – DEFINITION

Manual Handling is when workers use their bodies to manually handle objects at work, and can simply be **just moving something from one place to another**. This can include transporting and supporting, which can be through the use of, for example, **your hand or the force of your whole body**.

It has been estimated that manual handling injuries account for between 25% and 40% of all workplace injuries. Some people don't realise that manual handling doesn't just occur in workshops and warehouse but in every occupational environment, including the office.

This means that we are all at risk of manual handling injuries and we all need to know how to prevent them.



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