

## Training

### Tutorial Six

#### Manual Handling

**Manual handling** is an activity that can lead to very serious if not life changing injuries. The legislation in UK and EU law is the "The Manual Handling Operations Regulations 1992 (MHO)."

The Manual Handling Operations Regulations 1992 require employers to avoid hazardous manual handling operations where it is reasonable to do so. These operations will include supporting or moving a load by lifting, lowering, carrying, pushing or pulling.

Green staff do get involved in many day to day manual handling operations which may include, for example, lifting fertiliser bags, lifting chemicals, moving tee markers - stone, lifting winter tees, moving sleepers, lifting machinery for maintenance, hooking up trailers etc.

When you're lifting, or stacking, or moving things about, you're not just using your hands. You're using all the tools at your disposal, all the muscles, joints and ligaments in your body. People with manual handling tasks use these tools every day. But like anything used frequently, these tools - these muscles, joints and ligaments - get taken for granted. That's when accidents happen.

Many of these accidents can be prevented. They should be prevented, in fact, because employers have the legal duty to; "So far as is reasonably practical, avoid the need for their employees to undertake any manual handling operation at work which involve a risk to them being injured".

To minimise the risks from manual handling the employer should carry out a "Manual Handling Task assessment" per lift or activity. The manual handling task assessment should be systemised, recorded and the following should be sensibly considered:

- The weight of the load.

- The size of the load.
- The shape of the load.
- The centre of the gravity of the load.
- The nature of the task.
- The individual capability of those undertaking it.
- Conditions in the lifting environment.

When the full extent of the risk has been identified, action should be taken to reduce it to the lowest reasonable level. This will include giving employees an indication of the weight of each load, providing precise information where it is reasonable to do so, and indicating the heaviest side of an irregular load. In many cases the risk can be lowered by;

- Eliminating the activity.
- Improving the lift method by using two persons instead of one.
- Using mechanical aids.
- Improving the design of facilities.
- Checking weights before lifting.

Further detailed guidance, including an example of an assessment checklist, is included in the HSE's guidance Manual Handling, Handling Operations 1992 - Guidance on Regulations (code no. L23). The booklet is available from HSE Books. Haztek International will advise on manual handling on 0208 905 7552 or email: [info@safegolf.co.uk](mailto:info@safegolf.co.uk)



**Close, but not quite the part!**

Barnsley-based lookalike Craig.

**Only genuine Toro parts will give the performance you've come to expect.**

Many lookalike parts fail to meet Toro standards for form, fit and function. Get one that doesn't measure up and you'll be replacing it early and often. It could even damage your Toro equipment and affect machine performance. We've revised our prices across the board and offer a 24-hour service on just about any part you'll ever require. Now there's no need for imitations. To maintain the quality and consistency of cut - keep it Toro.

**Genuine Toro parts at competitive prices. Ask for our new Performance Parts Catalogue. Just call 01480 226845 today.**

TORO Commercial, Irrigation and Consumer Products are distributed by Lely (UK) Limited St Neots, Cambridgeshire PE19 1QH. Tel: 01480 226800 Email: [toro.info@lely.co.uk](mailto:toro.info@lely.co.uk)

TORO Commercial Products are distributed by Lely Ireland Limited Kilboggin, Nurney, Co. Kildare. Tel: 00 353 (0)45 526170 Email: [torosales@lely.ie](mailto:torosales@lely.ie) [www.toro.com](http://www.toro.com)

**TORO** Count on it.