

# 2.7 Manual Handling Boat Crew



Lifeboats

# Activities with the potential to cause manual handling injuries

- Describe the activities with the potential to cause manual handling injuries
  - Lifting and moving heavy objects
  - Receiving deliveries
  - Equipment changes
  - Casualty handling
  - Moving awkwardly shaped objects



# Potential injuries caused by improper manual handling techniques

- Describe the injuries caused by poor manual handling techniques
  - Musculo-skeletal injury to back, neck, limbs, body, head
  - Strains
  - Fractures
  - Slips, trips and falls



# Reducing the risk of injury

- Explain methods of reducing manual handling injuries
  - Assess task
  - Access to load
  - Use appropriate lifting equipment / mechanical aids
  - Frequency and height of lift
  - Awkward postures
  - Size, shape and weight of load
  - Working environment: floor surface, obstacles, confined space
  - Individual capability: more than one person to lift



# Policy and procedures

- State where to find the information on good manual handling practices:
  - H&S file (Red folder on top shelf in the office)
  - On-line training: Health & Safety (RNLI Learning Zone)
  - Training manuals

