

Manual handling techniques

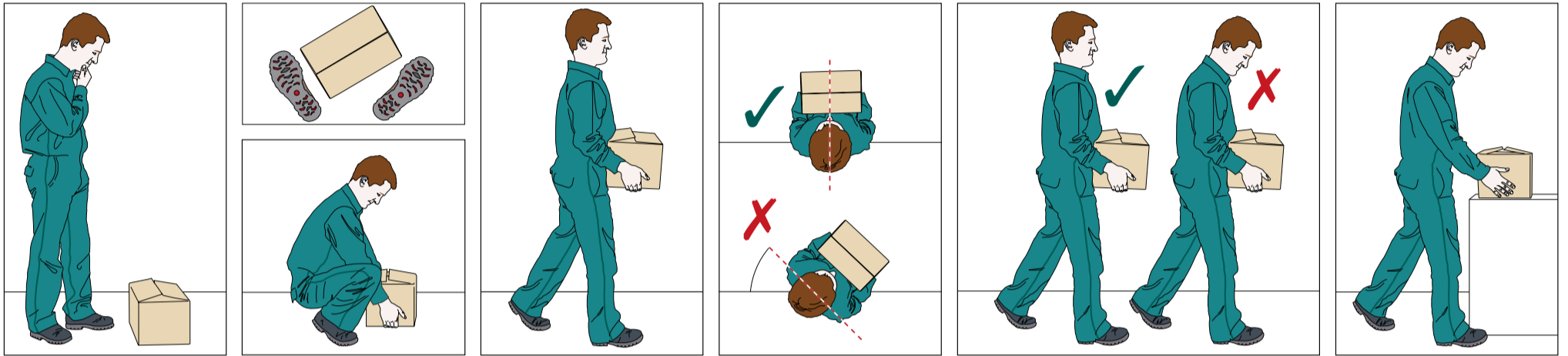
What you, the seafarer, should know

To reduce the risk of musculo-skeletal injury, always use the following lifting and handling techniques:

If in doubt get help

Lifting

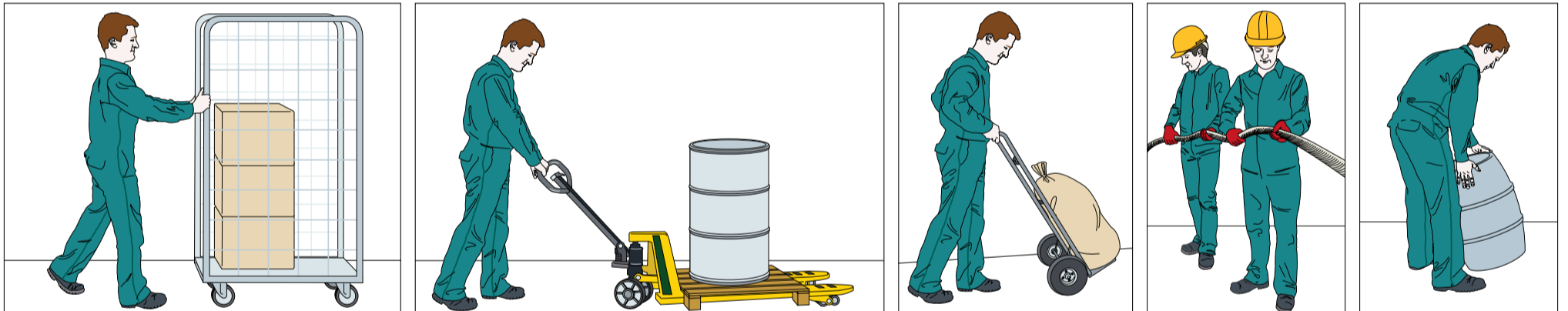
Note: Multi-person lifting is encouraged for larger items



- Stop and think
- Position the feet
 - Adopt a good posture
 - Get a firm grip
 - Don't flex the back
- Keep close to the load
 - Move slowly
- Avoid twisting or leaning
- Keep the head up
- Put down then adjust

Pushing and pulling

Unusual loads



- Check the condition of the equipment
- Use handles between waist and shoulder height
- Keep your feet well away from the load
- Use the correct amount of force
- Get help when moving a load up a slope or ramp
- Take care when laying out heavy ropes
- Make sure there are enough people to help
- Take particular care when rolling barrels or drums



Warning: Poor manual handling techniques can cause musculoskeletal injuries



Precaution: Wear appropriate personal protective equipment

Do not attempt to lift or move gear if:

- 1 You are tired
- 2 The load is heavy or awkward
- 3 You have back trouble
- 4 The work area is cramped or untidy

COSWP's advice to seafarers

- Follow appropriate systems of work laid down for your health and safety
- Take sensible precautions to ensure that you are aware of any risk of injury from a load before picking it up
- Use any mechanical aids provided
- Inform your line manager if you identify hazardous handling activities
- Check the final stowage location to ensure that it is clear and suitable for the load