

TAKE CONTROL

Muscular Stress While Lifting, Carrying or Putting Down Objects

This information bulletin was produced to assist in the prevention of workplace injury and disease. By identifying causes, and assessing and controlling risks, employers and workers can take control of their own health and safety in the workplace.

Areas in the workplace which could indicate there is a risk of such occurrences happening

Some things to look for include:

- tasks requiring sudden, jerky or hard to control movements;
- tasks requiring bending or twisting;
- loads being moved from a level below mid-thigh or to a position above the shoulders;
- loads which are heavy, bulky, unstable, slippery, have a difficult shape or are difficult to hold having to lift, lower or carry objects in cramped conditions; and
- lifting, lowering or carrying of objects in work environments which are very hot, very cold, have poor lighting or visibility, or where work surfaces are slippery and uneven.

Examples of what can be done to stop such occurrences from happening

Employers should, for example, make sure that:

- work processes are changed so that objects do not have to be lifted lowered or carried by people (for example, by installing conveyor belts or automating the process);
- the time, distance and force required for lifting, lowering or carrying of objects is reduced (for example, by providing trolleys);
- there is adequate workspace to move in and pathways kept clear of obstacles;
- work areas are well lit;
- floor surfaces are non slip, even, and kept well maintained; and
- employees are able to lift, lower or carry objects using a comfortable posture and without the need for rapid or twisting movements.

To find out more

The [Workplace Health and Safety Act](#) and the [Workplace Health and Safety Regulations](#) outline the minimum standards and the process to manage occupational health and safety in your workplace.

Specific regulations to note in respect of this topic are:

Regulation 59 Manual Handling

Regulation 60 Ergonomics

Australian Standards together with other useful resources applicable to this topic include:

[AS 3581](#) Mechanical aids for patient lifting and moving – Safety requirements
Safe Work Australia – [NOHSC Manual Handling Code of Practice](#).

NT WorkSafe kindly acknowledges WorkCover SA.

For further information please contact NT Worksafe on 1800 019 115 or visit www.worksafe.nt.gov.au