

TAKE CONTROL

Muscular Stress While Handling Objects Other than Lifting, Carrying or Putting Down

This information bulletin has been to help you prevent workplace injury and disease. By identifying causes and assessing and controlling risks you can take control of health and safety in your workplace.

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

Some things to look for include:

- pushing, pulling and manipulating objects tasks requiring sudden, jerky or hard to control movements;
- loads being pushed, pulled or manipulated at either too high a level or too low a level;
- loads which are heavy, bulky, unstable, slippery, having a difficult shape or are difficult to push, pull, twist or otherwise manipulate ;
- having to handle objects in cramped conditions;
- pushing, pulling or manipulating objects in work environments which are very hot, very cold, have poor lighting or visibility;
- floors and other surface which are uneven or either too slippery or have too much traction (or grip with the object);and
- very young workers, or those either new to the task, or returning from extended leave.

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

Employers should, for example, make sure that:

- work areas are well lit;
- work processes are changed so that objects do not have to be handled by people, for example, by installing conveyor belts or automating the process;
- the time, distance and force required for pushing, pulling and manipulating objects is reduced (for example, by improving workplace layout, providing trolleys and good maintenance of equipment);
- there is adequate workspace to move in, and pathways kept clear of obstacles;
- floor surfaces are non slip, even and kept well maintained;
- employees are able to move objects using a comfortable posture and without the need for rapid or twisting movements;
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- employees, supervisors and staff responsible for designing jobs or equipment are informed and trained in safe manual handling; and
- the thermal work environment is appropriate for the work done.

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

Other useful information applicable to this topic includes:

[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