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Work environment – Rural safety

Manual handling >

This bulletin outlines some simple safety guidelines for those working in the rural industry and is one of a series on Rural Industry safety.

Reduce manual load handling

- Plan ahead. Consider safe work methods, ie lifting, carrying, holding, lowering, pushing and pulling.
- Eliminate unnecessary tasks.
- Avoid double handling.
- Use mechanical aids.
- Carry out a safety check first.

Lighten the load

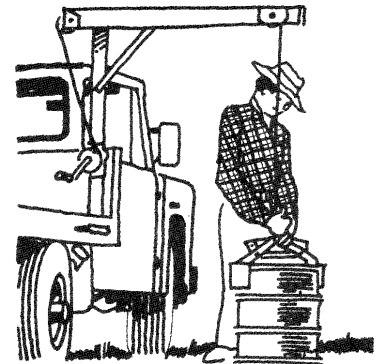
- Where possible choose light weight materials.
- Break up loads into smaller loads, eg smaller fertiliser bags.
- Half fill containers.
- Get help and share the load.

Reduce bending, twisting, reaching movements

- Rearrange work layout.
- Keep tools and equipment within easy reach.
- Build benches to waist height.
- Keep frequently used items at waist height.

Follow a safe procedure

- Plan the handling.
- Clear the way.
- Wear appropriate protective clothing.



putting safety first >



Use preferred handling techniques

- keep the load as close to the body as possible during all lifting and carrying procedures
- avoid lifting
- with the back fully bent
- from a position where it is necessary to twist or bend sideways to place the load
- after prolonged periods with the back bent
- after a prolonged period of exposure to whole body vibration as in driving a vehicle.

Put down a load this way:

- Use leg muscles and lower the load by bending your knees - **Not Your BACK.**

Avoid muscle fatigue

- Warm-up first.
- Take frequent breaks.
- Change jobs to use different muscles.
- Gradually get used to the job.
- Use tractors with a well-sprung seat. With good support for the back
- Consider your posture.

Consider mechanical aids

- Special trolleys to move and tilt drums.
- Post drivers for fencing.
- Small mobile hoists or forklifts.
- Mobile ramps on skids that can be towed behind a truck or utility for use in loading and unloading.
- Tools such as crow bars, trolleys, hooks and jacks.

THINK “BACK”: Reduce the risks of manual handling and the cost of back injury.

Do you:

- always use safe handling procedures?
- where possible consider using mechanical aids, eg trolleys or forklifts?
- minimise handling, twisting and reaching movements?

USE YOUR KNEES - NOT YOUR BACK!

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NT WorkSafe >

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