

FATAL AND SEVERE RISK PROGRAM

LEADER SESSION

MANUAL HANDLING

ARTC

**STOP
& THINK**

Only do the task if it can be done safely



**OUR
COMMITMENT**

**LIFE
SAVING
BEHAVIOUR:**

**I WILL ALWAYS LIFT
AND WORK WITHIN MY
OWN CAPABILITY AND
IMMEDIATELY REPORT ANY
SPRAIN OR STRAIN TO
MY LEADER SO IT CAN BE
MANAGED EFFECTIVELY**

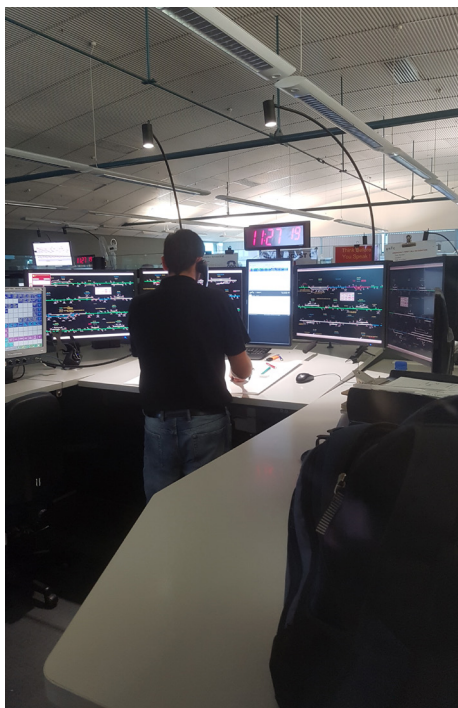


INTRODUCTION

Manual handling of plant and materials is part of everything we do.

This booklet provides clear information about manual handling risks and the control measures that can reduce the risk of injury.

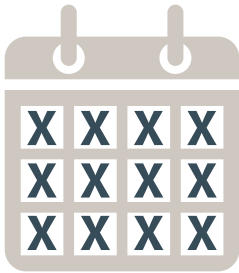
It is part of a series of booklets about the most common risks and hazards of working on the railway.



KEY FACTS AND STATISTICS

Hazardous manual tasks require a person to lift, lower, push, pull, carry, move, or hold a person, animal or thing using:

- repetitive or sustained force
- high or sudden force
- repetitive movements
- sustained or awkward posture, and/or
- exposure to vibration.



IN 2016

SWA FOUND THAT THE
AVERAGE TIME LOST
FROM WORK FOR SERIOUS
MUSCULOSKELETAL
DISORDERS WAS AROUND

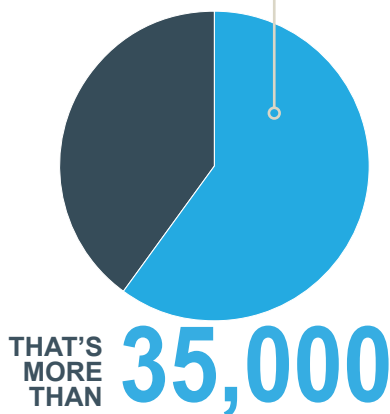
6 WEEKS



Hazardous manual handling can result in serious harm and long term injury that can severely disrupt your work and your home life. Common injuries involve:

- muscle sprains and strains
- back injuries
- soft-tissue injuries to the wrists, arms, shoulders, neck or legs
- abdominal hernias and/or
- chronic pain.

Across Australia, in 2013-2014, of 106 565 serious workers' compensation claims, 33% of these were due to muscular stress while lifting or handling objects.



* SAFEWORK AUSTRALIA



83,309
WORKERS INJURED

777
PERMANENTLY DISABLED



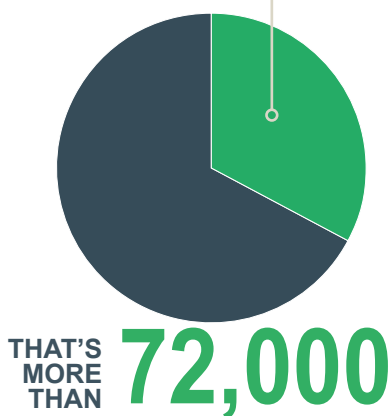
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DEAD

* SAFEWORK NSW
(LAST 3 YEARS)

Across Australia, in 2011-2012, of a total of 120,155 serious claims for workers' compensation, almost 60% of all serious claims were for sprains, strains and musculoskeletal disorders.



* SAFEWORK AUSTRALIA

TYPICAL RAIL CASE STUDY

FRANK

Frank has been a track worker for over 25 years. He has a young family of three and drives the family almost every weekend to surf and help at the lifesaving club which is almost two hours away from home. Frank enjoys working on track because he looks after his crew and loves working outside. One morning after some light rain Frank's crew is setting up to weld some rails and Frank is helping unload some loose hand tools from the truck, parked on some ballast, as he has done many times before. He hears a mate call his name, twists to answer him and feels a sudden pain in his lower back. He drops the tools and doubles over in pain.

Frank had perforated a disc in his lower back and was off work for several weeks until he underwent surgery. He needed many more weeks of physiotherapy and rehabilitation before returning to the work he loved. During those weeks, he was unable to drive, play with and pick up his kids, help his partner at home or surf. Because of the pain he was in, he became so depressed and angry that his wife was worried about him and had to talk to him about his change of personality. Eventually, his back problems were overcome but his mates reckoned he was never the same again.





LESSONS

1

Musculoskeletal disorders are almost always from structural weaknesses accumulated over time. Although the injury feels sudden, its causes probably started years earlier.

2

The hand tools being lifted from the tray were not heavy but they were awkward and a bit damp from the rain, and the load was uneven.

3

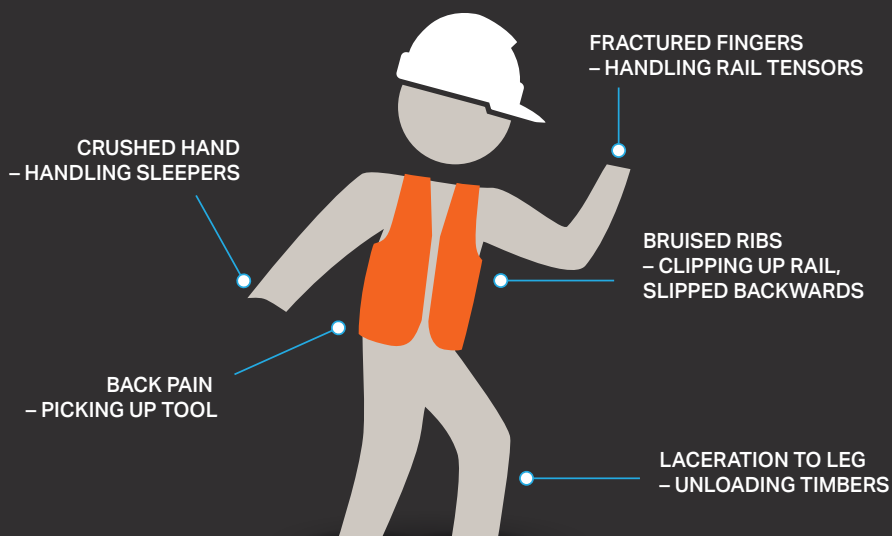
It is natural to respond immediately to someone calling your name but Frank could have waited, put back his tools and answered then.

4

The recovery from musculoskeletal disorders is often complicated by the level of disruption the injury can cause the worker. It is common for injured workers to feel isolated and anxious and this can lead to mental health issues. This can make rehabilitation more complex.

MANUAL HANDLING RISKS OCCUR ACROSS ALL AREAS OF OUR ARTC WORKFORCE. WE USE MANUAL HANDLING TECHNIQUES IN EVERYDAY ACTIVITIES – AT WORK AND AT HOME.

OUR CHALLENGES

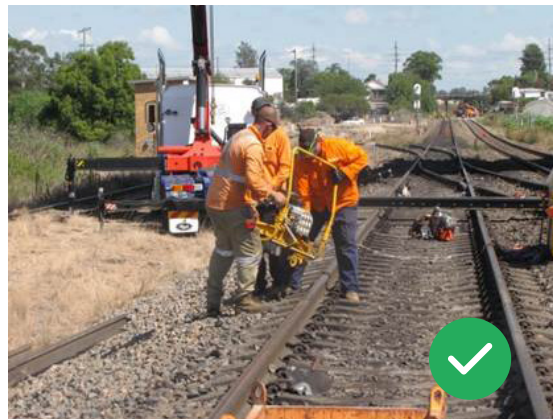
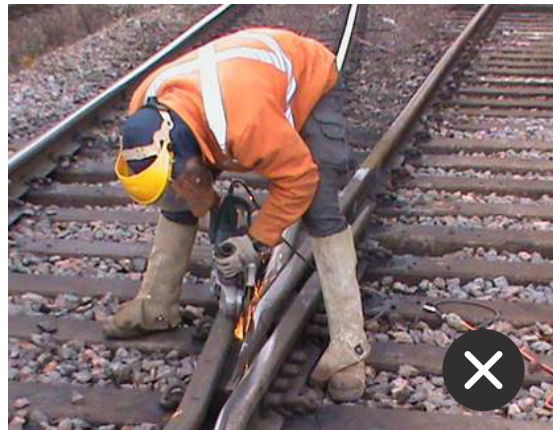


ARTC RAILWAY INDUSTRY INCIDENTS 2015-2016



STOP AND THINK

OUR 1ST FORM OF DEFENCE WHEN IT COMES TO MANAGING OUR RISKS



ARTC

KEY ACTIONS



- Assess work tasks before undertaking them.
- Do not rush the task. Risks are reduced by taking one's time, not lifting more than is comfortable, or not asking for assistance.
- Share the load by asking for help.
- Increase grip, especially in wet weather, through wearing suitable gloves.
- Manual Tasks Work Method Statement:
 - Plan the work.
 - Minimise the need for hazardous manual tasks.
 - Use correct lifting techniques.
 - Seek help when needed – team lifts.
 - Use mechanical aids wherever possible.
- Always know and lift within your ability.
- Report sprains and strains.
- Assess risks of manual handling.
- Reduce the weight of materials, products and equipment wherever possible.
- Use mechanical aids, such as trolleys and lifting devices whenever possible.
- Locate materials and tools close to the work task so that carrying distances are minimised.



OTHER CONSIDERATIONS

- Age is a risk factor for musculoskeletal disorders but serious injuries can occur to workers of any age.
- Maintain your physical fitness with core-strengthening exercises, if possible.
- Just because a hazard is not specified in a Work Method Statement, it doesn't mean the hazard is not there.
- The consequences of a physical injury may include mental health issues.
- Be aware of the ground surface when positioning materials, vehicles and equipment as uneven ground increases manual handling risks.
- If aches and minor pain continue over time, inform your doctor so that weaknesses can be identified early and suitable treatment provided.
- A workplace injury doesn't only affect you. Your colleagues may have additional tasks due to your absence from work.





FURTHER INFORMATION

If you feel any persistent physical discomfort from work tasks, raise the issue with your supervisor and inform your Doctor.

Contact the ARTC safety co-ordinator for your location.

Federal and State safety regulatory agencies have guidances, manuals and codes addressing hazardous manual handling risks and controls.

Information sources:

Hazardous Manual Tasks – Safe Work Australia

Statistics on Work-Related Musculoskeletal Disorders
– Safe Work Australia 2016

Your health and safety guide to Manual Handling
– WorkSafe Victoria 2007

ARTC