

\$50

\$400

1. Manual handling is:

the most common cause of workplace injuries

In NSW, manual handling injuries represent more than one third of all major injuries.

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2. Manual handling generally affects:

all of the above

Generally manual handling affects the back, shoulder, neck, knees, wrists, abdomen and pelvic region. The most common injuries include sprains and strains, damage to muscles and tendons and hernia problems.

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3. Which age group is more at risk of manual handling injuries?

Both of the above

Older workers may be less able to cope with certain physical work, while young developing bodies may be more easily injured. It is important not to assess risk on age alone however – consider all relevant risk factors.

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4. Heavy loads are safe to carry across short distances

False

The simple act of lifting a heavy load is enough to put stress on muscles and your back. Always use mechanical lifting and carrying aids, or share the load with a co-worker.

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HAZARD A GUESS

Take the guess work out of workplace safety

If you answered correctly give yourself \$50, if you were incorrect you get \$0.

MANUAL HANDLING

\$400

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5. If a manual handling hazard cannot be eliminated, you should:

Minimise the risk to the lowest practical level

If you can't eliminate the hazard – control it. This could include substituting the hazard with another with lesser risk, using remote-handling techniques, or providing additional PPE.

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6. Manual handling is part of almost every physical activity we do. How can you reduce the risk of manual handling injury at work?

All of the above

There are a number of simple changes you can make to your working day that will reduce the risk of injury. These include taking regular breaks from repetitive tasks, performing actions and movements as smoothly as possible in a comfortable and balanced posture and if an activity concerns you telling your supervisor so that they can see if the task can be done differently or if the work area can be improved.

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7. If you cannot eliminate a manual handling risk, there is really nothing else you can do about it.

False

The OHS Regulation requires specific risk control measures for manual handling. If risks cannot be eliminated, the work activity must be designed in a way to minimise the risk.

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8. Which of the following activities is a manual handling hazard?

All of the above

Manual handling is any activity that involves lifting, lowering, pushing, pulling, carrying, moving, holding, stretching, bending or restraining. It also includes sustained and awkward postures or repetitive movements.

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Add up the total amount you have won

TOTAL

HAZARD A GUESS

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