



**TERRA
MINING**
PTY LTD

Hazard & Near Miss Report

REDUCING THE RISK WITH MANUAL HANDLING

RECOGNISE THE RISK		TAKE CONTROL
Force high and sustained	! Using near maximal force ! Force needs to be held for a prolonged periods ! Constant pressure on soft tissues ! Force with awkward posture ! Stored energy - what if it lets go or slips?	✓ Use mechanical aids ✓ Right tool for the job ✓ Improve grips/handles ✓ Plan ahead, housekeeping ✓ Reduce the weight/force ✓ Good communication ✓ Neutral posture ✓ Keep loads close
Posture awkward and sustained	! Working near your end range of motion ! Holding one position for a prolonged period of time ! Repetitive, awkward postures ! Combined vibration and awkward posture	✓ Bring work to waist height ✓ Stretch regularly to reverse 'bad' postures ✓ Adjust workstation, equipment, seats to fit ✓ Look to improve technique ✓ Redesign tools for better access
Repetition	! Task(s) involving similar movement patterns, e.g. bending, working above shoulder height ! Little time for rest between repetitions	✓ Use mechanical aids or automate the task ✓ Get more people to help increase variety with task rotation
Vibration high and sustained	! Magnitude of vibration ! Frequency and duration ! Severe jolts of shocks ! Hands tingling, numb, pain, colour change, reduced grip strength	✓ Low vibration alternatives ✓ Adjust equipment to fit ✓ Change work methods ✓ Maintain equipment ✓ Isolate sources of vibration ✓ Anti-vibration gloves ✓ Drive to conditions

- ✓ Report symptoms early ✓ Report symptoms early ✓ Report symptoms early
**Consider manual handling when you purchase new equipment
 or make changes to a task or process**