

# Essential Steps: Manual Handling



in 2017  
were  
labourers<sup>1</sup>



of serious claims  
in 2016-2017  
were for traumatic  
joint/ligament  
and muscle/  
tendon injuries<sup>2</sup>



of a serious  
nature were  
lodged in  
2016-2017 for  
body stressing<sup>3</sup>

## Steps to safety

**01**

Use mechanical aids  
such as conveyors,  
cranes and forklifts  
where practicable.

**02**

Replace hand  
tools with power  
tools to reduce  
the level of force  
required.

**03**

Rotate workers  
between different  
tasks.

**Refer to the relevant safety authority in your jurisdiction  
for further information**

1. <https://www.safeworkaustralia.gov.au/book/work-related-injury-fatalities-key-whs-statistics-australia-2018#work-related-injury-fatalities11111>

2. <https://www.safeworkaustralia.gov.au/book/work-related-injury-and-disease-key-whs-statistics-australia-2018#serious-claims-by-nature-of-injurydisease1>

3. <https://www.safeworkaustralia.gov.au/book/work-related-injury-and-disease-key-whs-statistics-australia-2018#serious-claims-by-mechanism-of>

