



# **EFFECTIVE PREVENTION OF MANUAL HANDLING INJURIES THROUGH MAC APPROACHED**

---

MANUAL HANDLING RISK ASSESSMENT CHART (MAC)

Public Training

Date : 21-22 October 2011

Location : Quality Hotel - Shah Alam

**AUDITING • RESEARCH • TRAINING**

[www.efrmanagement.com](http://www.efrmanagement.com)

# INTRODUCTION



## MANUAL HANDLING ACCIDENTS

Work-related musculoskeletal disorders (MSDs), including manual handling injuries, are the most common type of occupational ill health in the world and Malaysia specifically.

A musculoskeletal disorder (MSD) is an injury that affects the muscles, joints, tendons or spinal discs. Such injuries are most likely to affect the back, shoulders and neck, and legs. Symptoms may include pain, aching, discomfort, numbness, tingling and swelling.

Workers who suffer from MSDs may have a reduced ability to do tasks, as well as pain or discomfort, and the most serious cases can result in permanent disability.

Even though, the cases seldom reported in Malaysia, the accidents due to manual handling was the highest cases reported in developed countries i.e. in UK (see statistic) . This is may due to lack of awareness in manual handling issues.

## MANUAL HANDLING INJURIES PREVENTION

Their prevention is a priority for Occupational Health and safety. It is important to remember that:

- things can be done to prevent MSDs;
- preventative measures are cost-effective.

## LCR

Lifting, Carrying and Repetitive (LCR) are common activities in any industries. However, the construction and manufacturing industries has one of the highest rates of MSD. Typical activities that can cause injury are:

- **Manual handling** – the biggest cause of injury is manual handling, which includes lifting, lowering, pushing, pulling and carrying;
- **Repetitive tasks** – handling heavy objects is not the only cause of injury. Harm can also result from doing a task repetitively, even if the load is relatively light (e.g. bricklaying), or where the person's body position is less than ideal (e.g. tying rebar); and
- **Other high risk tasks** – include: block laying, and moving object at height.

## MAC

The Manual Handling Assessment Charts (MAC) is a new tool designed to help health and safety inspectors assess the most common risk factors in lifting (and lowering), carrying and team handling operations. Employers, safety officers, safety representatives and others may also find the MAC useful to identify high-risk manual handling operations and help them complete their risk assessments.

# COURSE OUTLINE

---



## **INTRODUCTION TO MANUAL HANDLING SAFETY & HEALTH**

## **TYPICAL MANUAL HANDLING HAZARDS**

## **INTRODUCTION TO MAC**

## **MAC RISK FACTORS**

- Safe Load Weight and Frequency
- Safe Hand distance from the lower back
- Safe Vertical lift region
- Safe Trunk twisting and sideways bending
- Safe Postural constraints
- Safe Grip on the load
- Safe Floor surface
- Other environmental factors
- Carry distance
- Obstacles en route
- Communication, co-ordination and control

## **MAC Video Assessment**

Video – Lifting assessment  
Video – Carry Assessment  
Video – Team Assessment

## **Practical Assessment**

Push – Pull Assessment

## **MANUAL HANDLING RISK CONTROL**

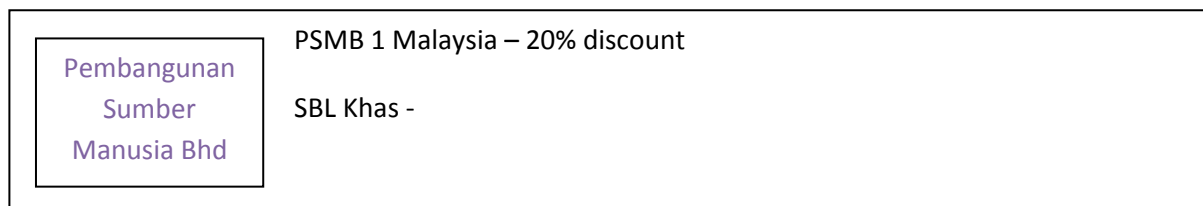
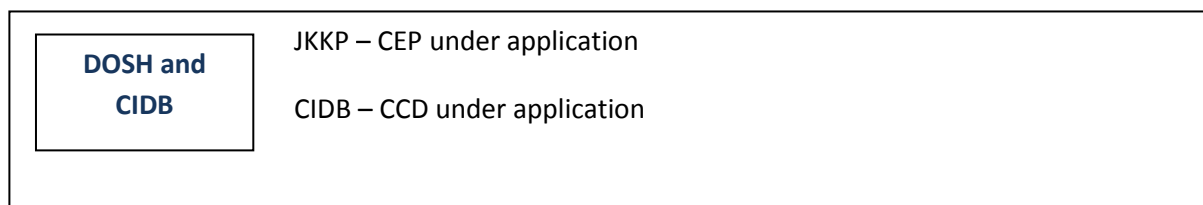
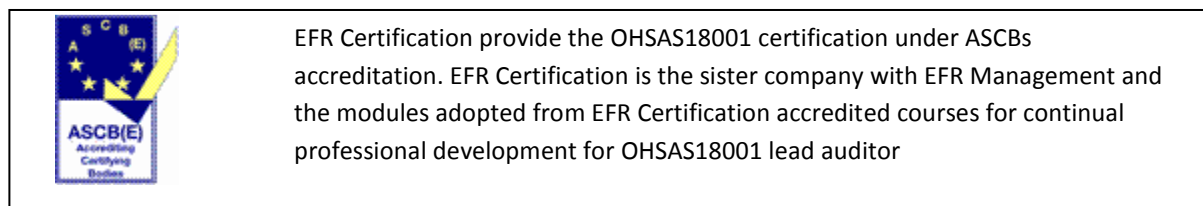
- ELIMINATION
- SUBSTITUTION
- ENGINEERING CONTROL
- ADMIN CONTROL
- PPC/ PPE

EXAMINATION (30 MINUTES)



# OUR TRAINING APPROACHES

## MODULE ACCREDITATION



## MODULE DELIVERIES

Our exhaustive list of clients varies from many industries EFR already assist various organizations for development, implementation, training and/or auditing of various HSE requirements. We blend the training methodologies that suit to multiple intelligent for adult learning (andragogy).

# CONTACT US - REGISTRATION



**Course Title:** EFFECTIVE PREVENTION OF MANUAL HANDLING INJURIES THROUGH MAC APPROACHED

**Course Fees:** RM800 per participant

(INCLUSIVES, TRAINING MODULES, MEALS/REFRESHMENTS AND CERTIFICATES)

**Shah Alam – Quality Hotel**

**21 – 22 October, 2011**

**EFR Management Consultant – registration forms or register online on [www.efrmanagement.com/mac.htm](http://www.efrmanagement.com/mac.htm)**

## **Contact Persons:**

Name : .....

Designation : .....

Company/Department: .....

Company Address :  
.....

Tel: ..... Fax: .....

Email: .....

## **No Participant/s:**

1. Name/Designation: ..... Email: .....

2. Name/Designation: ..... Email: .....

3. Name/Designation: ..... Email: .....

4. Name/Designation: ..... Email: .....

5. Name/Designation: ..... Email: .....

Kindly email or faxes back this form at or before **7<sup>th</sup> October, 2011**

Payment by cheque should be cross and made payable to “EFR MANAGEMENT CONSULTANT” or bank in to **RHB BANK** account Number **20113800018504**”.

Payment online on [www.efrmanagement.com/mac](http://www.efrmanagement.com/mac)

**\*To claim with HRDF, please apply for approval with HRD at least one week before the training commence.**