SAFE OVER SUMMER

Manual Handling

Facilities Maintenance & Hard FM

FM teams move tools, ladders, plant, parts, and equipment all day. Risks shift constantly — confined spaces, ceiling work, heavy trolleys, awkward heights. Manual Handling or BodySafe principles centre on load close, reducing twisting, team lifts, and ladder-safe movements.

Primary Risks & Hazards to Spot

- Lifting/moving ladders, tools, and trade equipment
- Overreaching on ladders; overhead work for long periods
- Pushing heavy trade trolleys up to 100kg
- Prolonged static postures between jobs
- Twisting when lifting from trolleys or pallets
- Carrying awkward loads through tight plant rooms

Discuss / Share:
Which manual tasks cause the most discomfort over a week?
Where do you find yourself twisting or reaching most?

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Critical Controls

- Use ladder trolleys; keep ladder stable and avoid side reach
- Push trolleys with elbows tucked and hands at waist height
- Break tasks with micro stretch resets
- Pull items close before lifting; avoid “grab and twist” from shelves or vans
- Use mechanical aids and two-person lifts for awkward loads

Discuss / Share:
Where could mechanical aids reduce your daily load?