

ERGONOMICS & MANUAL HANDLING

SAFETY TOPIC
AUGUST 2026



SAFE HANDS. STRONG BODY. HEALTHY FUTURE.



GOOD POSTURE.
SAFE MOVES.
STRONGER YOU.

WHY IS THIS IMPORTANT?

Poor ergonomics and unsafe manual handling practices can lead to serious injuries and long-term health issues:



MUSCULOSKELETAL DISORDERS –

Strains, sprains, and back injuries.



REDUCED PRODUCTIVITY –

Pain and discomfort affect focus and efficiency.



INCREASED ABSENTEEISM –

Injuries can result in time off work.



LONG-TERM HEALTH PROBLEMS –

Repetitive strain or improper posture can cause chronic conditions.



RECOGNIZING THE HAZARDS

Common ergonomic and manual handling risks include:



Lifting heavy or awkward loads incorrectly



Repetitive movements without rest



Awkward postures or bending/twisting while lifting



Poor workstation design or seating



Handling loads that obstruct vision or are difficult to grip



WORKPLACE EXPECTATIONS & POLICIES



RISK ASSESSMENT –

Evaluate tasks for manual handling and ergonomic risks.



TRAINING –

Employees must be trained in proper lifting techniques and ergonomics.



USE OF EQUIPMENT –

Trolleys, hoists, or lifting aids should be used where possible.



REPORTING –

Report discomfort, pain, or unsafe handling practices immediately.



PPE –

Wear appropriate gloves, safety footwear, or back supports if required.



HOW TO STAY SAFE



Plan lifts and assess load weight before handling.



Keep the load close to your body and maintain a straight back.



Bend your knees, not your waist, when lifting.



Avoid twisting your body; turn your feet instead.



Take regular breaks and vary tasks to reduce repetitive strain.



LIFT SMART.
WORK SAFE.
STAY STRONG.



CONCLUSION

Proper ergonomics and safe manual handling are essential to prevent injuries and ensure a productive workplace. Awareness, correct techniques, and using lifting aids protect employees' health and well-being.



BEND YOUR KNEES



KEEP IT CLOSE



USE LIFTING AIDS



SHERQ
SOLUTIONS
Changing Safety Culture

DF SHERQ Solutions

Tel: 066 153 1669

email: danny@dfss.co.za

website: www.dfss.co.za