

Speedy Intelligent Safety Manual Handling

As part of its 'Intelligent Safety' campaign, Speedy has created this infographic to illustrate the dangers of Manual Handling and how to control and minimise the risk.

The facts

44%

of handling injuries are back related



OVER **207,000**

people suffer from back pain caused or made worse by work



6.6 days

lost for each manual handling injury



£5.7 billion

cost to society from handling incidents

2.3 million

working days lost in 2013/2014



909,000

working days lost due to handling injuries

Seven deadly sins

1. Lifting a load incorrectly



e.g. manhole covers

2. Lowering



e.g. laying kerb stones

3. Carrying a load



e.g. cement bags

4. Pushing



e.g. loads of aggregate

5. Pulling



e.g. blocks and slabs

6. Twisting



e.g. handling and positioning plasterboard

7. Holding



e.g. supporting a load when fixing into position

Think T.I.L.E.

T is for Task



I is for Individual



L is for Load



E is for Environment

To find out more about Speedy's range of Manual Handling equipment and prevention solutions please visit:

speedyservices.com/intelligentsafety