

SAMPLE MANUAL HANDLING CODE OF PRACTICE

Company:
Workplace Address:

Introduction

This code sets out requirements that this company will follow for the reduction of MSIs due to manual handling at this workplace.

Administering the Code of Practice

Code of Practice Administrator:	
Phone No.:	Email:

The code of practice administrator is authorized by the employer to manage the manual handling code of practice and to ensure employees are trained in the following as required:

- Musculoskeletal injury (MSI) prevention
- How to properly move to avoid bending and twisting (proper body mechanics)
- Appropriate warm-up and stretch exercises
- The benefits of job rotation
- Storage techniques to avoid poor posture
- Two-person lifts
- How to safely use manual handling equipment that may be provided (forklift, pallet jack, scissor cart, etc.)
- The workplace's internal system for incident reporting

Employees are responsible to report all manual handling health and safety issues to their supervisor and then, if necessary, to the code of practice administrator as per the company's incident reporting process. All employees must cooperate with the administrator in the performance of the administrator's duties.

Initially complete:

- Step 1 - Hazard Identification
- Step 2 - Risk Identification
- Step 3 - Implementation of controls (include any procedures or other relevant documents with this code of practice)

Yearly evaluation

- Step 4 - Evaluation
- Step 5 - Conclusion

Code Of Practice On Manual Handling

CL Gary



Code Of Practice On Manual Handling:

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