

6 1 0 6

Manual handling injuries are part of a wider group of musculoskeletal disorders (MSDs). The term 'musculoskeletal disorders' covers any injury, damage or disorder of the joints or other tissues in the upper/lower limbs or the back. Work-related musculoskeletal disorders (WRMSDs) could affect muscles, joints, and tendons in all parts of the body. Most WRMSDs develop over time.

Statistics from the Labour Force Survey (LFS) indicate 470,000 workers suffered from WRMSDs (new or long-standing) in 2020/21, a prevalence rate of 1,420 per 100,000 workers, accounting for 28% of all work-related ill-health cases. Manual handling, lifting, and carrying are some of the prime causative factors in the development of work-related musculoskeletal disorders.

To prevent injuries and the potential long term health impacts associated with manual handling activities, employers must seek to avoid manual handling operations, so far as is reasonably practicable, by redesigning the task to avoid moving the load or by automating or mechanising the process. If this is not possible, a suitable and sufficient assessment of the risks from hazardous manual handling operations must be prepared with appropriate controls put in place to reduce risks.

960 . 2: 2 . 1 0 2

It is the policy of Bangor University, so far as is reasonably practicable, but in accordance with the relevant statutory requirements and good practice, to ensure the health and safety of staff, students, and visitors to the University.

This Policy Standard states the requirements placed on Colleges and Professional Services to ensure manual handling operations, associated with their activities, are carried out safely. It also states the duties and responsibilities placed on staff, students and others when undertaking such tasks.

All Colleges and Professional Services.

All staff, students and others undertaking manual handling tasks on behalf of a College, School or Service.

Manual handling operations associated with a contractor's undertakings.

2 29. 21 96062 . 1 / 3

4 2 3

- a. Establish, through this Policy, procedures to comply with legislation to safeguard the health and safety of staff, students and others carrying out manual handling operations as part of a University related activity.
- b.

