

Manual handling from your car

Manual handling items from your car is a significant risk factor for musculoskeletal injury. Items may include specific equipment such as DVD players, data projectors, PPE, or laptops and other items such as briefcases, materials samples, catalogues, large diaries and other work materials. Many business drivers report that manual handling is a significant component of their work.

This advice sheet provides you with some basic information on how to minimise risk. For general manual handling advice and job specific information, we would suggest that you contact your occupational health advisor or health and safety team.

Do:

- ✓ Adopt good and comfortable postures when manual handling. If you have not received manual handling training, seek advice from your occupational health advisor or health and safety team.
- ✓ Help reduce the risk of injury by ensuring that you are as close to the item that you are lifting as is comfortably possible. Therefore, organise your boot so that items used frequently are stored near the sill.
- ✓ When lifting equipment from the boot you should be able to position yourself close to the item. Protective equipment can be purchased which is attached to the sill of the boot and ensures your clothes will not be dirtied by the back of the car. The use of such equipment will enable you to get closer to the boot.
- ✓ Minimise the number of obstructions to you accessing the boot space, for example, a parcel shelf or lip on the boot sill. A low or flat sill height and a narrow sill depth can ease lifting and help to minimise the risk of injury.
- ✓ Try to park your car as close as possible to your drop off point. If a load is carried for an excessive distance, physical stresses are prolonged and can result in fatigue and increased risk of injury
- ✓ Be sure to take extra care when manual handling following a long drive. Stretches or walking around the car before manual handling can help.
- ✓ Think creatively about ways to transport items from the car to your meeting. For example, a wheeled suitcase or trolley may be used to carry specific equipment and other items from your car into the workplace.
- ✓ If you are carrying a large amount of equipment or other work materials, consider making 2 or 3 trips instead of one.

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