

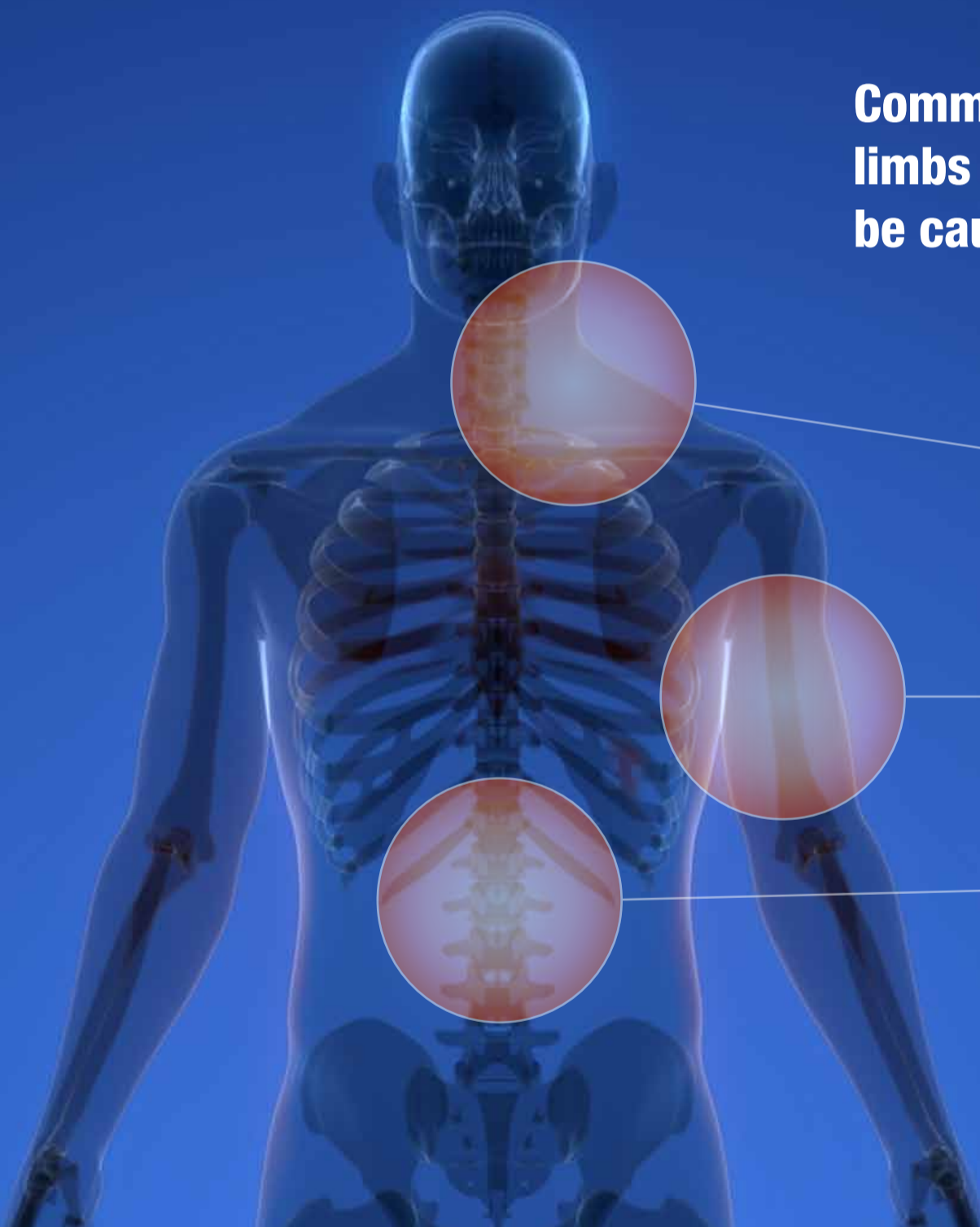
Moving and handling really matters

Last year, **40,000** construction workers suffered work-related injuries to muscles, bones, joints and nerves known as musculoskeletal disorders (MSDs). These injuries can have a serious impact on workers' quality of life. MSDs are injuries, aches and pain that can occur in the body if the risks of moving and handling are not managed effectively.

X Do not accept these injuries as an inevitable part of construction work.

✓ Employers have a legal responsibility to protect workers from ill health.

Common MSDs include upper limbs and back injuries that can be caused or made worse by:



Shoulder and neck
Heavy lifting, working in awkward positions

Arms
Prolonged repetitive work

Back
Heavy lifting, bending, sustained or excessive force

How to protect your workers

- **Avoid** hazardous moving and handling where possible through good design and planning.
- **Assess** the risks to workers for each task. HSE's Manual Handling Assessment Charts (MAC) tool provides support for businesses.
- **Reduce** the risk of injury using sensible control measures such as lifting aids and equipment.
- Workers and employers should **talk** about the risks and measures in place to protect workers' health.



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