

JULY

Manual Load Handling in the Working Environment: Shooting and Driving, Standard ISO 11228-2

Workload handling activities also include, as explicitly stated by Testo Unico D.Lgs. 81/2008, the actions of pulling and pushing of loads, ie actions involving the horizontal shift of loads through the use of pallet trucks Manuals, carts or baskets, all manually driven or pulled, without the use of engines or other devices.

Ergonomic studies of international character show that this type of movement has a significant influence on the pathologies associated with the spine-lumbar spine

MTM Consulting can also follow your company to handle this specific assessment by using a digital dynamometer and graphic representation of the data, as required by the standard ISO 11228-2.

Often, these manual load handling activities by pull and push actions are poorly evaluated by the Employer if compared to manual load lifting activities. The motivation may lie in the fact that for this type of activity there has never been a net transportable weight limit, unlike manually lifting, since the factors to consider to assess the related risk are many and not primarily the only weight to be manipulated ; It is therefore very difficult to clearly set a threshold of attention, unless applying a specific methodology.

Legislative Decree 81/2008 proposes for the assessment of towing actions and the use of the International Standard ISO 11228-2: 2007 - Ergonomics - Manual Handling - Part 2: Pushing and Pulling, which basically resumes Already known method for evaluating such actions by Snook and Ciriello.

This standard proposes to obtain the maximum applied force recommended by some matrices, where the input data are:

- sex of the person handling the movement;
- frequency of push / pull action (from once every eight hours to once every ten minutes);
- maximum distance traveled, in meters;
- height of the hands of the hands during the shot or push action.

The maximum recommended force must be compared with the force actually sustained during the action, thus obtaining a hazard index, called the Movement Index. In order to detect the really supported force, it is necessary to measure on the site, thus simulating the actual traction or thrust activity, this force by means of a dynamometer, gaining the force data and representing it in the form of a graph, from which extrapolating the initial starting force (peak) And retaining force.

The results obtained must be submitted to the Competent Doctor in order to assess the suitability of the individual staff, the need to activate the specific health surveillance, the need to mechanize the activity if it is too risky for the staff.