 <p>Jurong Port</p>		
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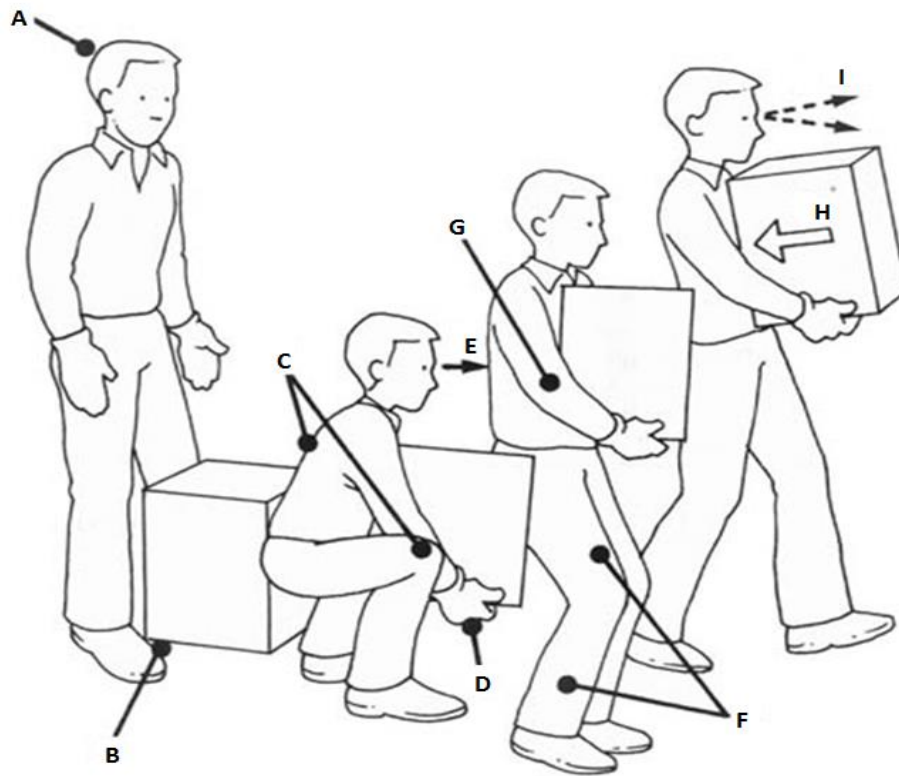
General

- 1.1 OMC and Contractor personnel shall comply with OMC requirements for manual handling as stipulated in the JSA.
- 1.2 The OMC JSA process must be used to identify any manual handling injury potential and the controls required. Mechanical means of lifting and carrying must be used where reasonably practicable.
- 1.3 The maximum load that a person can be asked to handle is 25 kg. (Note: This is a maximum and must be reduced when actual conditions are considered such as lifting or placing the load on the ground.)
- 1.4 The Contractor must refer to SS 569:2011 for Manual Handling.

Performing Lifts

- 2.1 Heavy, bulky, awkwardly shaped and frequently used item should be stored between shoulder and thigh height to minimize over-reaching or over-bending during access.
- 2.2 Plan and remove any obstruction along the path of movement.
- 2.3 Adopt a stable position by keeping feet apart with one leg slightly forward to maintain balance (alongside the load, if it is on the ground).
- 2.4 Start with a good lifting posture; slightly bend the back, hips and knees. Otherwise may adopt fully flexing the back (stooping) or fully flexing the hips and knees (squatting).
- 2.5 Test lift the load before performing a lift.
- 2.6 Ensure a firm grip on the load before standing up.
- 2.7 Carry the heavier side of the load as close to the body as possible.
- 2.8 Perform lifting movements in a smooth and gradual motion. Do not jerk the load or lift a load from the floor to above waist height in a single motion.
- 2.9 Do not carry load above the shoulder height, unless appropriate mean of access is provided.
- 2.10 Pivot both feet and turn the entire body if required to change direction while carrying the load.
- 2.11 Do not twist the back or lean sideways, especially while the back is bent; Shoulders should be kept level and facing the same direction as the hips.

- 2.12 Avoid prolonged lifting or carrying of heavy load and do not lift or handle a load more than individual can easily manage.
- 2.13 Set down the load in the same manner as lifting.
- 2.14 Put down the load first then slide it to the desired position.



- A. Stop and think - Plan route of movement
- B. Keep feet apart with one leg slightly forward
- C. Bend the knees and keep the back straight
- D. Grip the load firmly
- E. Raise head
- F. Slightly bend knees
- G. Slightly bend elbows
- H. Keep the load close to body
- I. Look straight