

IELTS READING- HEALTH AND SAFETY IN A WORKPLACE: Manual Handling S34GT4



IELTS READING Health and Safety in a workplace: Manual Handling Reading Practice Test has 10 Questions belongs to the Workplace Safety & Regulations subject..

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Health and safety in the workplace: manual handling

As an employee, you are entitled to protection from hazardous manual handling in the workplace. It is your employer's responsibility to make manual handling as safe as possible for all workers. Manual handling means transporting or supporting a load by hand or bodily force. It includes lifting, putting down, pushing, pulling, carrying, or moving loads.

It is the employer's duty to assess the risk of injury from any hazardous manual handling operations that cannot be avoided. The first option should be to avoid this kind of handling. This can be done by redesigning the task to avoid moving the load or automating or mechanizing the process.

Questions 21-27

Complete the sentences below.

Choose **NO MORE THAN THREE WORDS** from the text for each answer.

Write your answers in boxes **21-27** on your answer sheet.

21. The main obligation to ensure safe manual handling lies with the
22. Workers have the right to recommend for which will prevent the need manual handling.
23. Your should be consulted if you are being asked to do avoidable manual handling.
24. It is important to bend your knees when lifting as an incorrect can lead to injury.
25. Various aspects of the work can make lifting more difficult.
26. You should assess your own physical condition before undertaking manual handling. This is particularly important if you have had in the past.
27. It is a requirement for workers to do the annually.

If your employer has not designed the work process to avoid hazardous manual handling, you may offer suggestions for the use of mechanical aids, for example, a conveyor, a chute, a pallet truck, an electric or hand-powered hoist, or a lift truck to reduce the risk of harm. If your employer fails to take reasonable measures to prevent the need for risky handling, you should talk to your union representative.

Although your employer is ultimately liable for your safety at work, you should also take appropriate measures to ensure your own safety when manual lifting cannot be avoided. You should consider.

The posture adopted

Stand with your feet shoulder-width apart. Bend your knees and lower yourself slowly, keeping your back straight. Bending from the waist can cause damage to the back.

The weight of the load

Where possible, find out the exact weight before beginning the task. If the information is not available, kneel down and attempt to lift a corner of the load to get an idea of how heavy it is.

The environment

Cramped work areas, poor floor surfaces, poor lighting and extremes of temperature can all affect your ability to safely carry loads.

Your own ability

Consider your strength, fitness and any underlying medical conditions (especially a history of back problems). If you find yourself breathing heavily or sweating while lifting, you should speak to your company's health and safety officer.

The number of people required

Employers may try to save money by getting one person to do a job requiring two or more. This is a breach of government regulations on employee wellbeing and must be reported to your union.

Remember that all employees – whether their job requires them to undertake manual handling or not – must complete the online training programme every year.

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