MANUAL HANDLING INJURIES

Manual handling causes over a third of all workplace injuries. These include work-related musculoskeletal disorders (MSDs) such as pain and injuries to arms, legs and joints, and repetitive strain injuries of various sorts.

Types of Manual Handling Injuries

- Back injuries
- Strains and sprains
- Hand, shoulders & neck injuries
- Musculoskeletal disorders
- Slip, trip and fall injuries
- Hernias
- Foot injuries
- Chronic pain (3 months or longer)
- Acute pain (less than 3 months)
- Muscular and vascular disorders

Manual handling injuries can have serious implications for the employer and the person who has been injured. They can occur almost anywhere in the workplace and heavy manual labour, awkward postures, repetitive movements of arms, legs and back or previous/existing injury can increase the risk.

The number of work-related non-fatal injuries increased in **2019**, with **9335** reported to the Authority. Manual handling leading to internal injuries was the most common cause of workplace accidents in 2019.
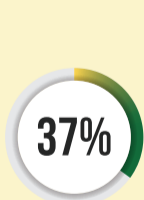
The single most common trigger of non-fatal injuries in 2019 reported to the HSA was manual handling leading to internal injury (2,737, 29%).In the 5 years (2015-2019), showed Manual Handling and falls the most common triggers in recent years.

The part of the body affected in the greatest number of non-fatal accidents to workers was the back. **Back injuries were reported in 20% of worker accidents.**

Manual handling and falls together account for over half of all non-fatal injuries reported to the Authority in 2019 (out of 9,335 injuries)

Of the 1,078 non-fatal accidents involving the loss of control of objects, machines and vehicles, 37% involved the loss of control of vehicles, 23% involved the loss of control of hand-held tools and 20% involved the loss of control of objects being worked on.

37%
loss of control **of vehicles**

20%
loss of control **of objects being worked on**
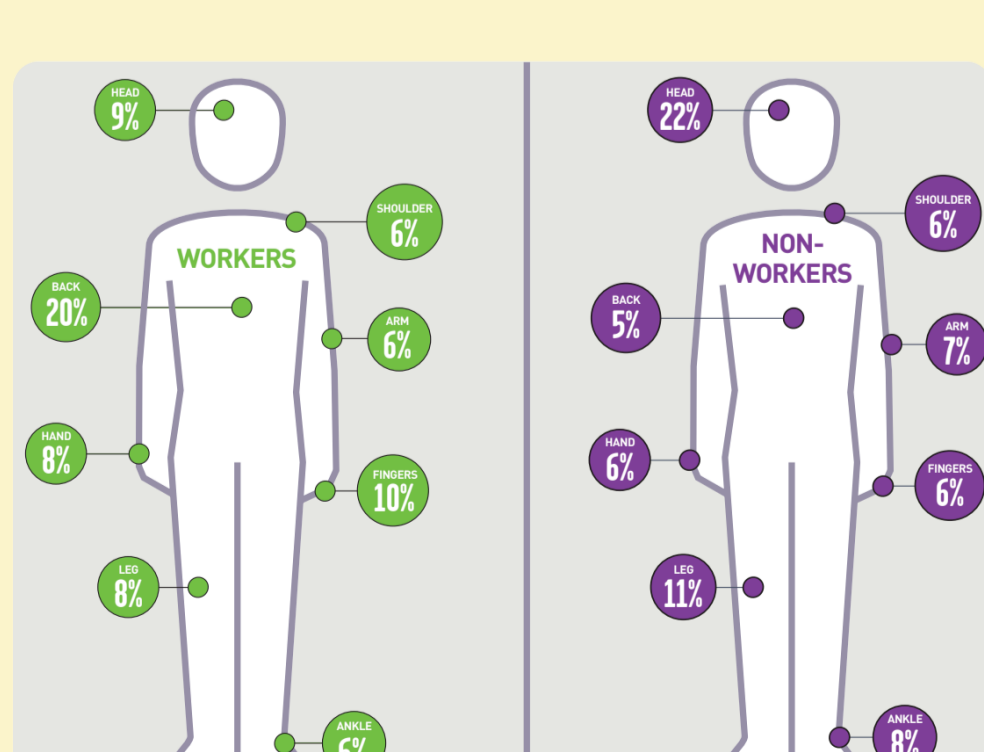
23%
loss of control **of hand-held tools**

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The most injured body part for workers in 2019 was the back, involved in 20% of non-fatal injuries reported to the Authority. This is in keeping with recent years, with back injuries comprising 22% of all non-fatal injuries reported to the Authority between 2015 & 2019. Non-fatal back injuries were caused primarily by manual handling accidents

Most injured body parts in workers & non-workers in 2019 (HSA)

WORKERS
- 9%
- SHOULDER 6%
- 20%
- 6%
- 8%
- 10%
- 8%
- 6%

NON-WORKERS
- 22%
- SHOULDER 6%
- BACK 5%
- 7%
- 6%
- 6%
- 11%
- 8%

In the European Union the highest rates of non-fatal injuries leading to four or more days of absence from work occurred in **France**, with **3,421 injuries per 100,000 workers**
Ireland had the eleventh lowest rate of accidents, with **790 per 100,000 workers**