

## MANUAL HANDLING CLAIMS\*

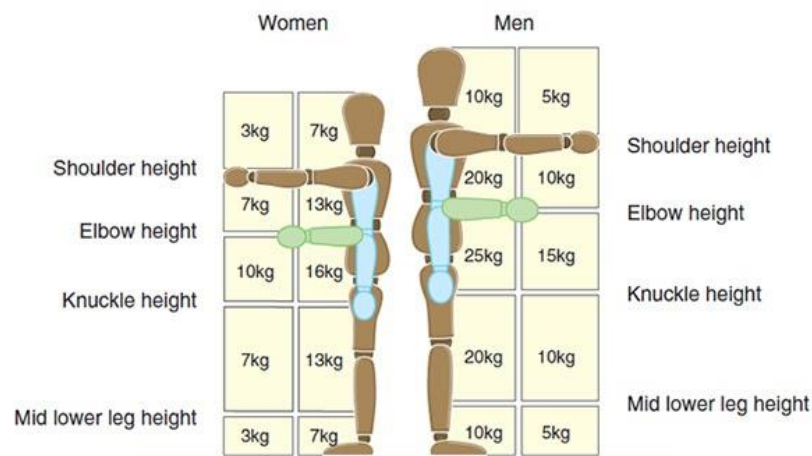
We often act for people in manual handling claims where a person has injured his/her back, neck, hand, wrist or arm. These types of cases usually occur in the workplace and can be anywhere from moderate to severe injuries which result in serious losses for the injured party.

The most common contributing factors to these type of injuries are: -

- Repetitive work with no job rotation or job variety, i.e. doing the same task over and over again;
- Lifting loads which are too heavy and are unsafe;
- A lack of training or adequate training;
- A failure on behalf of an employer to carry out a risk assessment for the task in question;
- Working in a confined workspace;
- Failing to supply the employee with the appropriate machinery and/or equipment for lifting loads.

Employers should address the above factors in order to avoid employees becoming injured during the course of employment.

Below is a guide from the Health and Safety Authority website in relation to lifting loads and following these guidelines in itself will reduce the risk of injuries.



**If you require further information please phone us on 01 – 9695781 or e-mail us at [info@grogansolicitors.ie](mailto:info@grogansolicitors.ie). For further information you will find guides on our website [www.grogansolicitors.ie](http://www.grogansolicitors.ie).**

**\*Before acting or refraining from acting on anything in this guide, legal advice should be sought from a solicitor.**

**\*\*In contentious cases, a solicitor may not charge fees or expenses as a portion or percentage of any award of settlement.**