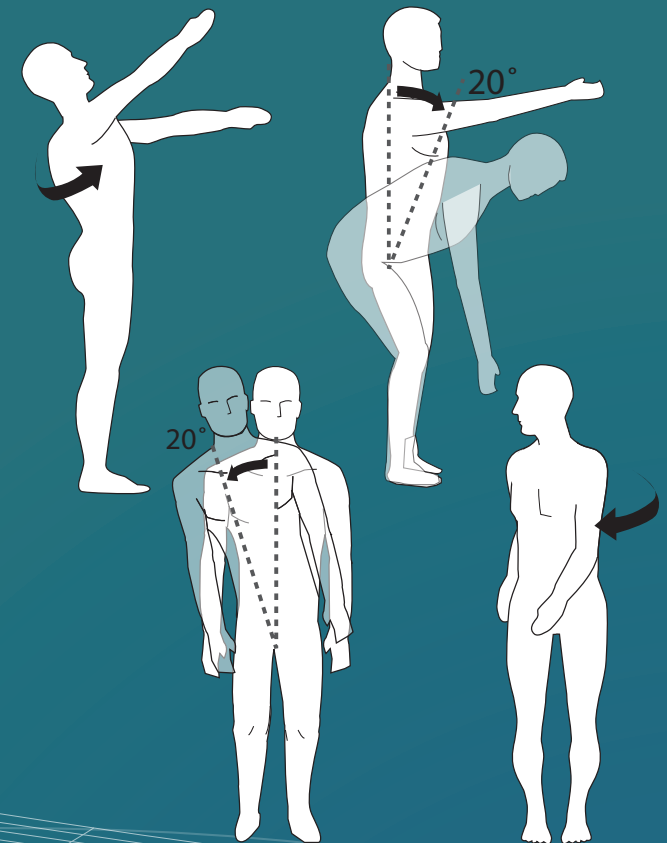




## Where to get information on Manual Tasks and other OHS information

- ▶ Email the new OHS information email group at AMSA: [ohs@amsa.gov.au](mailto:ohs@amsa.gov.au)
  - ▶ Phone: (02) 6279 5000
- For further reading and information, visit these websites:
- ▶ Seafarers Safety, Rehabilitation and Compensation Authority: [www.seacare.gov.au](http://www.seacare.gov.au)
  - ▶ Australian Safety and Compensation Council: [www.ascc.gov.au](http://www.ascc.gov.au)
  - ▶ Australian Maritime Safety Authority: [www.amsa.gov.au](http://www.amsa.gov.au)



[www.amsa.gov.au](http://www.amsa.gov.au)

**OCCUPATIONAL HEALTH & SAFETY  
INSPECTORATE  
MANUAL TASKS INFORMATION**

In its role as an occupational health and safety inspectorate, AMSA continually strives to promote health and safety. One method is to review historical data with a view to identify and address negative trends from Worker's Compensation data collected by the Seacare Authority.

From recent statistics published by the Seacare Authority in its Annual Report<sup>1</sup> and the AMSA Five Year Rolling Report on OHS Incidents<sup>2</sup>, the trend of manual task injuries occurring on board a ship has risen in 2007-2008. The data reports that when a Seafarer suffers an injury the most likely part of the body to be affected is the trunk, upper and lower limbs.

Data indicates that around 45 per cent of seafarers injured are 45 years or older, this group accounts for 52 per cent of the claims accepted in 2007-2008.

For manual tasks the latest AMSA incident data shows:

- ▶ Places where incident occurs – 39 per cent deck, 14 per cent machinery spaces, 14 per cent galley.
- ▶ Body part that is affected – 14 per cent trunk, 28 per cent upper limbs, 25 per cent lower limb.
- ▶ Mechanism of injury – 19 per cent body stressing, 20 per cent slips-trips-falls.

Latest Seacare Worker's Compensation data from the Seacare Annual Report 2007-2008 show that accepted claims for types of injuries are:

- ▶ Proportion of injuries – 37 per cent sprains, 17 per cent musculoskeletal disease (MSD), 14 per cent other disease (including hernias).

Manual tasks encompass a wide range of activities that require a person to use their physical body (musculoskeletal system) to perform work. This includes work that involves the use of force for lifting, lowering, pushing, pulling, carrying, moving, holding or restraining any person, animal or item. Manual tasks at work include tasks that have repetitive actions, sustained postures and may involve concurrent exposure to vibration.

Seacare have introduced Manual Handling Regulations<sup>1</sup> and a Code of Practice which in part, requires employers to select and implement ways to:

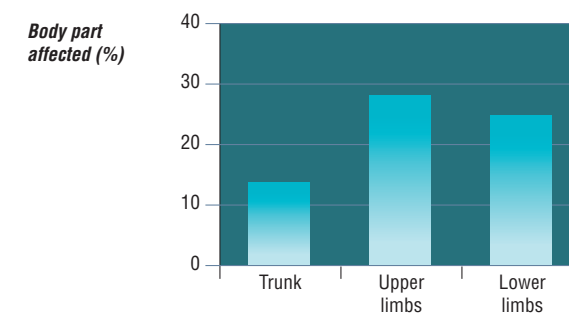
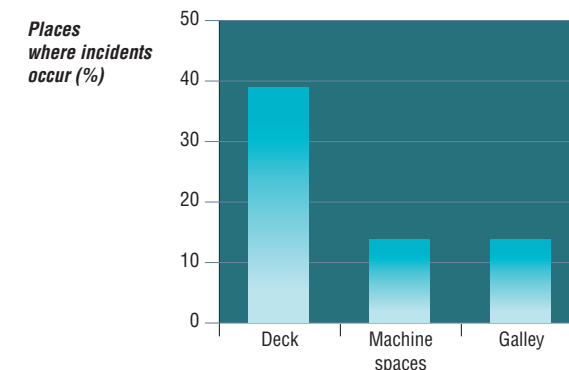
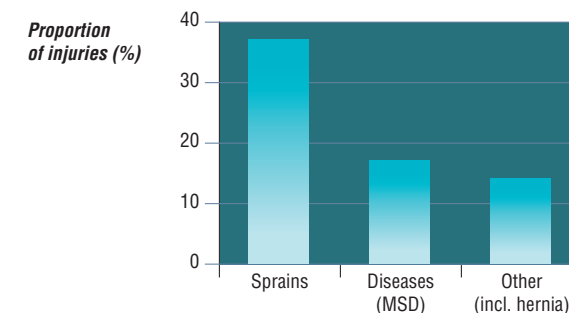
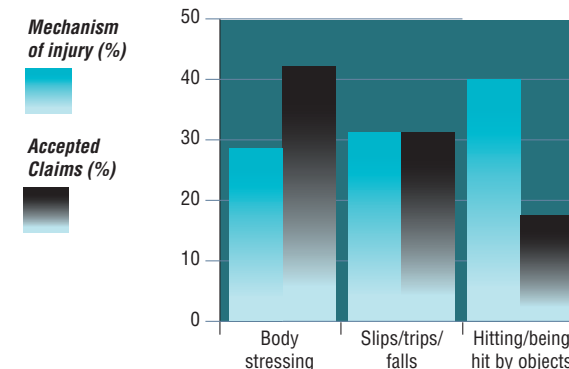
1. Identify hazards in manual handling tasks;
2. Assess the risk of musculoskeletal disorder each hazard creates; and
3. Eliminate the risk of musculoskeletal disorder, where practicable, by:
  - ▶ Altering the workplace or environmental conditions where the task involving manual handling is carried out.
  - ▶ Altering the systems of work involving manual handling.
  - ▶ Changing the objects used in the task involving manual handling.
  - ▶ Using mechanical aids.

Where elimination of risk is not practicable, risk must be reduced so far as is practicable.

It is important to be aware that whilst personal protective equipment and training are essential for the performance of tasks, neither should be used as the only or primary strategies to control risks without exhausting all other control methods.

Where practicable, the employer must consult with employees and any designated work group Health and Safety Representatives (HSR) when manual handling tasks are being identified, assessed or controlled.

AMSA has produced this information sheet to promote Australian operators to address this trend. AMSA will also place additional emphasis on manual tasks in the OHS and FSC audit/inspection functions.



<sup>1</sup>The Manual Handling Regulations are being reviewed for incorporation of the National Standards for Manual Tasks. See [www.ascc.gov.au/ascc/HealthSafety/HazardsSafetyIssues/ManualTasks/](http://www.ascc.gov.au/ascc/HealthSafety/HazardsSafetyIssues/ManualTasks/)

<sup>2</sup>The AMSA Five Year Rolling Report for OHS Incidents 2003-2004 to 2007-2008 can be found at: [http://www.amsa.gov.au/Shipping\\_Safety/Codes\\_Manuals\\_and\\_Reports/OHS\\_Incident\\_Reports/](http://www.amsa.gov.au/Shipping_Safety/Codes_Manuals_and_Reports/OHS_Incident_Reports/)