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Chapter A III A
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Technical regulation on
occupational health in ships

CHAPTER III

Physical occupational health effects

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CHAPTER III

Physical occupational health effects

Part A Manual handling of loads

Regulation 1 Application

- 1 The provisions of this part shall apply to manual handling of loads during work on board ships.
- 2 Ship owners, employers, masters, supervisors and other persons working on board shall ensure that the provisions of this part are complied with.
- 3 This part contains provisions drafted on the basis of Council Directive 90/269/EEC, Official Journal 1990 L 156, p. 9.

Regulation 2 Definitions

- 1 For the purposes of this part, the following definitions shall apply:
 - .1 "Manual handling" shall mean handling whereby one or more persons together and with a risk of contracting especially back and lower back injuries are engaged in the lifting, moving or supporting of a load.
 - .2 "Aids" shall mean lifting and hoisting devices, means of transport and other equipment designed for preventing or minimising the risk related to the manual handling of loads.
 - .3 "Personal protective equipment" shall mean equipment especially designed for protecting the individual against risks, including risks in connection with the handling of loads.

Regulation 3 Performance of work

- 1 If manual handling of loads cannot be avoided, the risk related hereto shall be minimised through appropriate planning and arrangement of the work, and the work may be carried out only if suitable precautions are taken.
- 2 The precautions shall be taken on the basis of an assessment of, in particular, the nature of the load and the task and also in consideration of the factors listed in annex 1.
- 3 If the nature of the load is unsuitable in relation to the task, it shall be made possible to handle the load before the work is started so that the work may be performed in a sound and secure way.
- 4 The manual handling of loads shall be planned and arranged and, to the widest extent possible, be performed using suitable aids, cf. the provisions of chapter I, part A, on the performance of work on board ships.
- 5 If the risk is a consequence of or is increased by the duration of the performance of the task or by the posture used when performing the task, consideration shall be paid hereto when planning or arranging the work.

- 6 The place where the manual handling is carried out shall, insofar as possible, be arranged in a way that is in every respect sound and secure.
- 7 Transport routes shall, insofar as possible, be clear of annoying items and may not lead to a risk of slipping, falling, etc. They shall be well lit. Transport routes shall, insofar as possible, be of sufficient breadth and height for the person to handle the load in a fully upright position in a way that is in every respect reasonable from a health and safety perspective.
- 8 When loads that are handled manually are to be stacked, it shall be possible to stack them in a posture that is in every respect reasonable from a health and safety perspective without any risk of the loads falling down.
- 9 The person in charge of the work shall ensure that the employees are instructed how to perform the work in a way that is in every respect reasonable from a health and safety perspective. The employees shall receive all the information necessary to carry out such work in a sound and secure way.
- 10 Employees who carry out manual handling that may involve a risk to health or safety shall have received appropriate training and instructions in sound working techniques and in the correct use of technical aids before the work is started.
- 11 Employees shall be provided with safety footwear when the handling may involve a risk of foot injury and with working gloves when there is a risk that the employees may injure their hands by handling the load. When it is necessary to protect employees against substances and materials, etc. that may be harmful to health from the loads transported, the employees shall use special working clothes and personal protective equipment.

A N N E X I

Assessment factors

1 Nature of the load

Manual handling of a load may involve a risk of especially back and lower back injuries if the load:

- is too heavy or too large,
- is not easy to handle or difficult to get a hold of,
- has an unstable balance or a content that may move about,
- is placed in such a way that it is necessary to hold it or handle it at some distance from the body or with a bended or twisted body,
- because of its form and/or its nature, could injure the employee, especially if he or she is hit by it.

2 The physical efforts required

Physical efforts may involve a risk of contracting especially back and lower back injuries if they:

- are too great,
- can be made only by twisting the body,
- may involve that the load suddenly moves,
- are made with the body in an unstable position.

3 The workplace on board

The nature of the workplace may increase the risk of especially back and lower back injuries if:

- the work is carried out at a place without sufficient room, especially in terms of height,
- the floor is uneven, for which reason there is a risk of stumbling, or of such a nature that the employee's footwear slips on it,
- the arrangement of the workplace or other conditions prevent the handling of loads at a height that is reasonable from a health and safety perspective or in an appropriate working posture,
- the floor or base is levelled, which means that the load must be handled at various heights,
- the floor or supporting point is unstable,
- the temperature, humidity or ventilation is inappropriate.

4 Other working conditions

The work may involve a risk of contracting especially back or lower back injuries if it involves one or more of the following conditions:

- too frequent or too prolonged strains on especially the back,
- insufficient periods for physiological rest or restoration,
- lifting, lowering or transporting items over too great distances,

- a rate of work imposed on the employee by a working process that he himself is not able to vary.