Manual handling

The injury usually starts long before the pain.

Damage accumulates over weeks and months. Tissue copes if it gets recovery time, and builds up damage if it doesn't. That's why a back goes on a routine lift someone has done a thousand times.

Tissue load accumulating

Tolerance exceeded — this is where you feel it

> Technique training can't fix a task that forces you to reach over a bench or twist under load. If the job doesn't allow good technique, the technique isn't the control.
> **Score any task yourself:** peakphysiology.com.au/risk-calculation

Force

Lifting, pushing, pulling, carrying, holding

Repetition

5kg lifted 400 times is a serious exposure

Posture

Overhead, bent, twisted, reaching away from the body

Duration

How long it goes on — across a shift and across a career

Peak Physiology — occupational health and injury prevention, Hunter region
peakphysiology.com.au · 0434 430 945 · info@peakphysiology.com.au

Read the full article
Why injuries continue after training