

The 3 Most Common Manual Handling Injuries

These injuries account for thousands of workplace incidents every year. Here's what to watch out for.

Lower Back Strain



Often caused by bending incorrectly or lifting with poor posture. Most common among warehouse, construction, and care workers.

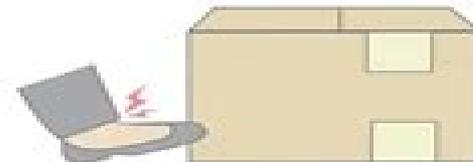
Muscle Strains or Sprains



Result from repetitive movements or overreaching. Common in cleaning, healthcare, and retail roles.

Crush Injuries or Fractures

Usually caused by falling objects or load instability. High-risk on construction sites and loading bays.



Most of these injuries are preventable with proper training, equipment, and safe handling techniques.

Most Common Manual Handling Injuries

Michal Rosen-Zvi



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