

**LIFTING TIPS****Before you lift:**

- If an object looks too heavy, get help to lift it – man or machine.

**If you know the weight and you believe you can lift it:**

- Assess the weight of the object.
- Bend your knees.
- Lift smoothly and in easy stages, from floor to knee and from knee to carrying position.
- Reverse this procedure when putting the load down.
- Get a good firm grip – never lift using your fingertips.
- Keep your back straight but not necessarily vertical.
- Keep your chin in and elbows close to your body.
- Keep the load close to your body.
- Never twist your body.
- Never let the load obstruct your view.
- Never have a gap between you and the surface where the load is being placed.

To see a video of this advice in action, go to [www.hsa.ie](http://www.hsa.ie) and search for the Farm Safe DVD/videos section. Choose manual handling from the list.

tention to the structure and function of patients' musculoskeletal condition as well as physiological, neurological and psychological state when diagnosing and treating complaints. Treatment will involve manual techniques and may include exercise and dietary advice. Patients can attend an osteopath without referral."

**MANUAL HANDLING**

About a third of all reported accidents are due to poor manual handling, says the Health and Safety Authority.

"Most manual handling accidents result in back injury. Lifting heavy loads results in arthritis of joints, particularly hip and knee joints. Damage is also caused to tendons, ligaments and muscles.

"Injuries can result from manual handling due to the work itself, the load, the work environment, or the individual's ability. Twisting your spine while lifting or carrying a load is particularly dangerous."

**THE TECHIE BIT**

"It helps to understand the structure of the back and how it functions. The human back works like any other machine – on the lever principle," the HSA says.

You have a load and a counter load and your back balanced on a pivot point (centre of gravity).

The heavier the load, the more counterweight you need or some position to help offset that load. The back has a 10:1 ratio to the

object you are lifting. If an object you are lifting weighs 10lbs, it's going to take 100lbs of pressure in your back to lift the object. This puts a lot of pressure on the delicate discs in your back. Adding more weight and an awkward position can add much more pressure to those discs and, of course, to the ligaments.

That's why safety personnel advise everyone to bend their legs and squat down to the object that they are going to lift. This keeps the discs aligned correctly between the bones.

The standard method of lifting correctly is to use your leg power to do the lifting, not your back. See above for information on correct lifting.

Jim O'Sullivan is an osteopath based in Fermoy, Co Cork. For a list of osteopaths near you, see [www.osteopathy.ie](http://www.osteopathy.ie). As well as osteopaths, chiropractors and chartered physiotherapists offer qualified back care. A GP is often a first port of call for many when they injure their back.

For information about chiropractors and chartered physiotherapists in your area, see [www.chiropractic.ie](http://www.chiropractic.ie) and [www.iscp.ie](http://www.iscp.ie).

\*Relating to the internal organs of the body.

\*\* Relating to joints.

\*\*\* Relating to fascias (bands or sheets of fibrous connective tissue that envelop, separate or bind muscles, organs and other soft structures of the body together. **CL**



## 'Your opinion of me is none of my business'



**Fiona Hoban takes a look at the ways we react to bullying behaviour**

Imagine that you were walking down the street, minding your own business, when out of the blue a strange person starts yelling abuse at you. I mean really yelling, and it's quite personal stuff that's being hurled at you.

Would you sit down on the pavement and start to cry as a result of this onslaught? Would you retaliate and give as good as you got? Would you pull out your smartphone and make a recording of the abuse so that you can present it to the gardaí or your local politician, public representative or local media? Would you continue walking, pretending to ignore this person, but deep down you're seething with anger that stays with you for the rest of the day?

Eleanor Roosevelt said that no one can put you down without you giving them permission to do so first. I assume that Mrs Roosevelt's response would be to simply keep on walking. As the saying goes: "Your opinion of

me is none of my business."

The topic of bullying, particularly cyber bullying, is prevalent at the moment. Many of the various workshops and forums around this area seem to focus on how to protect oneself from being bullied, how to recognise bullying, how to report it, how to seek help and how to cope with the emotional distress it often causes etc.

There doesn't seem to be a whole lot about how not to take offence in the first place. I'm not suggesting for one moment that bullying doesn't exist or that we should just ignore it. But think about it, if you genuinely didn't take offence, how much power would the bully have? And by not taking offence, I'm not suggesting that this would rule out recognising it as bullying behaviour that may well need to be addressed.

My question is, what sort of personal traits would you need to have in order not to take offence? Thirteenth century Islamic theologian Ibn Taymiyyah said: "When someone offends me, I think it's a gift from Allah (God). He (Allah) is teaching me humility." Maybe anti-bullying campaigns could start here?

Why do we get so hot and bothered about things? Truth is truth. It doesn't need any defending. And if it doesn't need any defending, then what is there to take offence about? And where is the need to give offence? Is it not our pride that we our defending in ourselves and attacking in others? Pride has nothing to do with truth.

Jesuit priest Anthony De Mello said: "If what you say is true, then why do you have to shout?" Unfortunately, as a sign of the times, if he were alive today I'd imagine he may change that to "why do you have to shout?" **CL**