



Government
of South Australia

SafeWork SA



Manual tasks causing injuries? They don't have to.

Most workplace injuries are caused
by **hazardous manual tasks**.

With the right tools and resources,
these injuries are **preventable**.

Why focus on manual tasks?

Hazardous manual tasks can lead to **musculoskeletal disorders (MSDs)** such as:

- spinal disc and back injuries
- tendonitis and rotator cuff injuries
- sprains and strains.

They can occur in **any workplace**, across **all industries**.

Managing these risks helps:

- prevent injuries
- reduce downtime and costs
- keep workers healthy and productive.

Managing the risk doesn't need to be complicated

SafeWork SA provides free, practical tools to help you:

- identify hazardous manual tasks
- involve workers early
- assess risks
- select effective controls
- review what's working.

Whether you're a small business or a large organisation, we've developed these tools to be easy to use and designed for real workplaces.

Need help managing hazardous manual tasks?

Tools and
practical guidance



Book an
advisory visit

