

## Tip 17 – Open your Eagle Eyes

*'Welcome back. How was th... Ouch! ... What was that? ... Oh, you just kicked ass! Sadly my ass ... Ouch! ... For God's sake what was that this time? ... Oh, your Questionnaire ... yeaahhhhhh .... it's so frigging hot! ... Where's the ice pack?!*

Welcome to *Tip 17 ... Open your Eagle Eyes*. If you don't already have some, you may have to buy an Eagle on the black market. Or even take a pop shot at an Eagle with your BB gun.\* With *Open your Eagle Eyes* .... I mean pretty simply just open those apparati.

*'Sorry, what's that Mr. Publisher?' 'Oh ... ok. I was only a B-minus student at English.'*

The Publisher has rather just cockily told me with an Etonian snoot that ...

1). Normally when a word ends in -us, the plural ending changes to i e.g. "alumnus/ alumni," "focus/ foci." (I already knew that). However, apparatus is part of the group that doesn't change\*\* - words like "virus/ viruses" or "census/ censuses."

2). This means the plural of apparatus is either apparatus or apparatuses\*\*\*

Anyway, those apparatuses (you do have two) that magically take in light rays, bend them to meet at a tiny hole; then send them on still at light speed to the back of your brain (I know, why the back?) where this lump of fatty protein flips the upside-down image and there you have it. What you are seeing now!\*\*\*\* Armed with those mind-boggling apparatuses, all you need to do is open them.

\*I do not condone animal cruelty. I'm not joking with that one.

\*\*God damn languages! Don't you think the World would suffer less Wars and be a better place if we could communicate better by one language? I do.

\*\*\*You learn something new everyday. Outside of this Book, what have you learnt today?

\*\*\*\*What an immense machine the Human Body is.

Now I want you to close your eyes. Picture this.\* You're in Mumbai, India. You open your *Tata* car ... I know, since when have *Tata* made cars?! Sorry. I have disturbed your visualisation. You get in and immediately look in the rear view mirror. You freak! As you're an Eagle. You have a yellow beak. The hair on your head is white. And your eyes, my God your eyes! They have huge black pupils surrounded by the most yellow of yellows you have ever seen. You try to shut the tin can of a door but your wing gets in the way. You set off, feathers hanging out. It's 42 degrees Celsius. You turn on the Air-Con with your left talon\*\*. It spits and sputters lowering the temperature to 40 degrees Celsius. You stick your right wing out of the window to indicate. With this you see a man with a turban flying in the air as you just knocked him off his moped. You advance forward undeterred. To the left there's a pot hole as big as a sink hole. To the right there's a tuk tuk flying past you with 15 people on board. In front of you, people everywhere on the road. You swerve left. You swerve right somehow missing them all. Breathing a sigh of relief from your beak, you then stick your right claw on the break and make an emergency stop, as a bullock cart crosses the road. You can open your eyes now, your Eagle eyes!



\*You can put some Indian music on if you find that helps. You know the sort you hear when you are tucking into your lamb bhuna!

\*\*A talon is a large, hooked claw. Remember this interesting fact and you might just win a million pounds on Who Wants to Be a Millionaire!

Let's look at an example of where I used my Eagle eyes ... as they were already open. I'm in a Salad Factory. The task I observe involves an Operative standing next to a food bin (or tote) which is positioned under a machine that fills the bin with sliced lettuce. The Operative is forward bent and twisted to the right. He has his right foot in front of the other. His feet are spread hip width apart. He is wearing wellington boots which rather restrict ankle movement. He bends into the food bin with his trunk around 45 degrees forward bent. He is looking down into the food bin, forward bending his neck. He is supporting his bodyweight by his left arm which is coupling with the front aspect of the food bin. With his right hand, he hand scoops sliced lettuce, spreading out the lettuce evenly within the food bin. He never uses his right arm to support his bodyweight. He never hand scoops with his left hand.



Ok. So what did I just do there? I literally used my Eagle Eyes and described every single body position and use the Operative was performing. You have to be a Manual Handling Expert to be able to do that. With that said, one of the keys to becoming a Manual Handling Expert is to understand **basic** Human Biomechanics (remember Tip 11?). Did you see that word there? Yes, basic. Synonyms for basic are *essential ... key ... main ...* No need to have a Masters Degree in Biomechanics. Getting to grips with the basics of Biomechanics will help to make you a Master in Manual Handling. Perhaps even the Jedi 'frigging' Knight of Manual Handling!

Opening your Eagle Eyes will allow you to pick out the minutiae of individuals' posture, body position and its use. Top to toe. Or toe to top. You get me?

Anyone in Health & Safety can do a Manual Handling Risk Assessment. Even a blind bat! But how do you make that Assessment remarkable? How do you give your employees the best chance of reducing the risks of their Manual Handling tasks? How do you maximise your chances of reducing lost time accidents, significantly? How do you minimise the chance of that £150,000 Injury at Work Claim payout? You start by **Opening your Eagle Eyes!**\* And that's what I want you to do from now on. You already have them. You just need to open them.

\* The five best foods for Eye health are Carrots, Kale, Red Peppers, Salmon and Oysters. I was an Oyster Virgin once. Wish I stayed one.

## Exercises

- If you haven't already, watch my bi-monthly Vlog. With your Eagle Eyes watch the Manual Handling Task Vlogs a couple of times **without my commentary**. Then watch with my commentary and compare what you saw. Go to [www.osteopathicsolutions-manualhandling.co.uk/manual-handling-vlogs](http://www.osteopathicsolutions-manualhandling.co.uk/manual-handling-vlogs) and Eagle away!
- Read the whole of my Blog post '*Human Biomechanics Kept Simple*'. This Expert knowledge will allow you to *Open your Eagle Eyes*. [www.osteopathicsolutions-manualhandling.co.uk/blogs-2019](http://www.osteopathicsolutions-manualhandling.co.uk/blogs-2019)
- *Do a Branson, again!* and attend our 1 Day Manual Handling Risk Assessor Course accredited by *The CPD Group* where our Occupational Osteopath & Manual Handling Expert will give **YOU** the knowledge and skills to *Open your Eagle Eyes*. [www.osteopathicsolutions-manualhandling.co.uk/manual-handling-risk-assessor](http://www.osteopathicsolutions-manualhandling.co.uk/manual-handling-risk-assessor)