

# General manual handling risk assessment guidelines

Source: United Kingdom Health and Safety Executive

There is no such thing as a completely 'safe' manual handling operation. But working within the following guidelines will cut the risk and reduce the need for a more detailed assessment.



Each box contains a guideline weight for lifting and lowering in that zone.

(As you can see, the guideline weights are reduced if handling is done with arms extended, or at high or low levels, as that is where injuries are most likely to occur.)

The guideline weights assume that the load is readily grasped with both hands and that the operation takes place in reasonable working conditions, with the lifter in a stable body position.

- Method**
1. Observe the work activity you are assessing and compare it to the diagram.
  2. Decide which box or boxes the lifter's hands pass through when moving the load.
  3. Assess the maximum weight being handled. If it is less than the figure given in the box, the operation is within the guidelines.
  4. If the lifter's hands enter more than one box during the operation, use the smallest weight. Use an in-between weight if the hands are close to a boundary between boxes.

- Adjustments**
- Twisting**
- Reduce the guideline weights if the handler twists to the side during the operation. As a rough guide:
- reduce them by 10% if the handler twists beyond 45 degrees, and
  - reduce by 20% if the handler twists beyond 90 degrees.
- Frequent lifting and lowering**
- The guideline weights are for infrequent operations - up to about 30 operations per hour - where the pace of work is not forced, adequate pauses to rest or use different muscles are possible, and the load is not supported by the handler for any length of time. Reduce the weights if the operation is repeated more often. As a rough guide reduce the weights:
- by 30% if the operation is repeated once or twice per minute,
  - by 50% if the operation is repeated five to eight times a minute, and
  - by 80% where the operation is repeated more than 12 times a minute.

# General Risk Assessment Guidelines Manual Handling

**DP Hallahan**



## **General Risk Assessment Guidelines Manual Handling:**

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**Ultimate Guide to Manual Handling** Lee Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way

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ed Croydon LexisNexis 2003      **District Nursing Manual of Clinical Procedures** Liz O'Brien, 2012-05-07 This manual the first of its kind focused on district nursing provides the means to build competence and confidence in nurses new to the community or developing their skills The comprehensive and evidence based content provides essential information for competence in key areas of district nursing From the Foreword by Rosemary Cook CBE Hon D Lett MSc PG Dip RGN Director The Queen's Nursing Institute Clinical skills are a fundamental aspect of district nursing care The District Nursing Manual of Clinical Procedures is a practical evidence based manual of clinical skills which reflects the unique challenges of district nursing care within the patient's home It provides a comprehensive resource for all district nurses community nurses students and healthcare professionals involved in the district nursing team enabling them to practice competently and confidently and deliver clinically effective person centred care The District Nursing Manual of Clinical Procedures addresses the complexity of district nursing care and encompasses key aspects of clinical practice including decision making in areas that district and community nurses often struggle with or find difficult when they are on their own in a patient's home It utilises the latest clinical research and expert clinical knowledge to address these challenges and to provide the underlying theory and evidence for district nursing care Key features Evidence based manual of practical clinical skills in district nursing care Clear user friendly and easy to understand Contains recommendations for expert care within a patient's own home Addresses key concerns of district and community nurses working on their own within a patient's home Encompasses key aspects of district nursing care Placed in the context of person centred care All procedures include the rationale for each action why as well as how This title is also available as a mobile App from MedHand Mobile Libraries Buy it now from iTunes Google Play or the MedHand Store      **Easy Guide to Health and Safety** Phil Hughes, Phillip W. Hughes, Liz Hughes, 2008 Do you need to get to grips with health and safety principles but don't have time to wade through reams of legislation and guidance Do you need practical step by step guidance on health and safety issues for your small business Then this is the book for you The jargon free Easy Guide to Health and Safety introduces the health and safety issues which the self employed and managers directors and staff with health and safety responsibilities in small businesses face every day Words and legislation are kept to a minimum and the text is supported by numerous relevant illustrations The book is packed with practical guidance and solutions as well as handy checklists and forms for your basic health and safety needs especially useful when setting up a new business The book is also suitable for students on IOSH Working Safely and NVQ level 1 and 2 courses from City Guilds and other NVQ awarding bodies Phil Hughes is a well known UK safety professional with over thirty years world wide experience He was Chairman of NEBOSH from 1995 2001 and President of IOSH in 1990 91 Phil received the RoSPA Distinguished service award in May 2001 and became a Director and Trustee of RoSPA in 2003 He received an MBE in the New Year Honours List 2005 for services to Health and Safety Liz Hughes taught psychology in further and higher education She went on to qualify as a social worker specializing in mental health and later moved into the voluntary

sector where she managed development for a number of years Liz has achieved NVQ training modules D32 33 and 34 and has tutored students completing NVQ awards Her psychology and education background means that she is skilled in preparing readable easily accessible information

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Contemporary Ergonomics 2000 S. Robertson,Margaret Hanson,P, T McCabe,2003-09-02 The 2000 edition of this long running and highly respected series contains the best papers from the Ergonomics Society Annual Conference in 2000 The individual papers provide insight into current practice presents new research findings and forms an invaluable reference source In addition to mainstream ergonomists and human factors specialists Contemporary Ergonomics 2000 will appeal to all those who have an interest in peoples interaction with their working and leisure environment including designers manufacturing and production engineers health and safety specialists occupational applied and industrial psychologists and applied physiologists

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