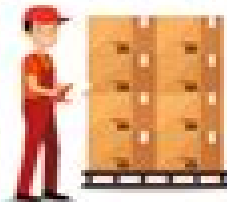


# CARRYING OUT A MANUAL HANDLING RISK ASSESSMENT

## 1 IDENTIFY THE TASKS

Identify all manual handling tasks that employees perform. This involves observing the workplace and consulting with staff to understand their daily activities.

Common tasks might include lifting, carrying, pushing, pulling, and moving loads.



## 2 IDENTIFY THE HAZARDS

Determine the potential hazards associated with each task. Consider factors such as:

- A. Load
- B. Task
- C. Environment
- D. Individual



## 3 ASSESS THE RISKS

Evaluate the risks posed by the identified hazards. This involves considering the likelihood and severity of potential injuries. Use a risk matrix to rate the level of risk, ranging from low to high.



## 6 REVIEW AND UPDATE

Regularly review and update the risk assessment. This should be done periodically or whenever there are significant changes in the workplace, such as new equipment, processes, or personnel. Ensure that control measures remain effective and relevant.



## 5 RECORD THE FINDINGS

Document the risk assessment findings, including the hazards identified, the risks assessed, and the control measures implemented. This helps in maintaining a record for future reference and compliance with legal requirements.



## 4 IMPLEMENT CONTROL MEASURES

Introduce control measures to reduce or eliminate the risks. Control measures can include:

- A. Engineering Controls
- B. Administrative Controls
- C. Personal Protective Equipment (PPE)



# Handling The Risk

**Arshad Iqbal**



## **Handling The Risk:**

Handling The Risk: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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