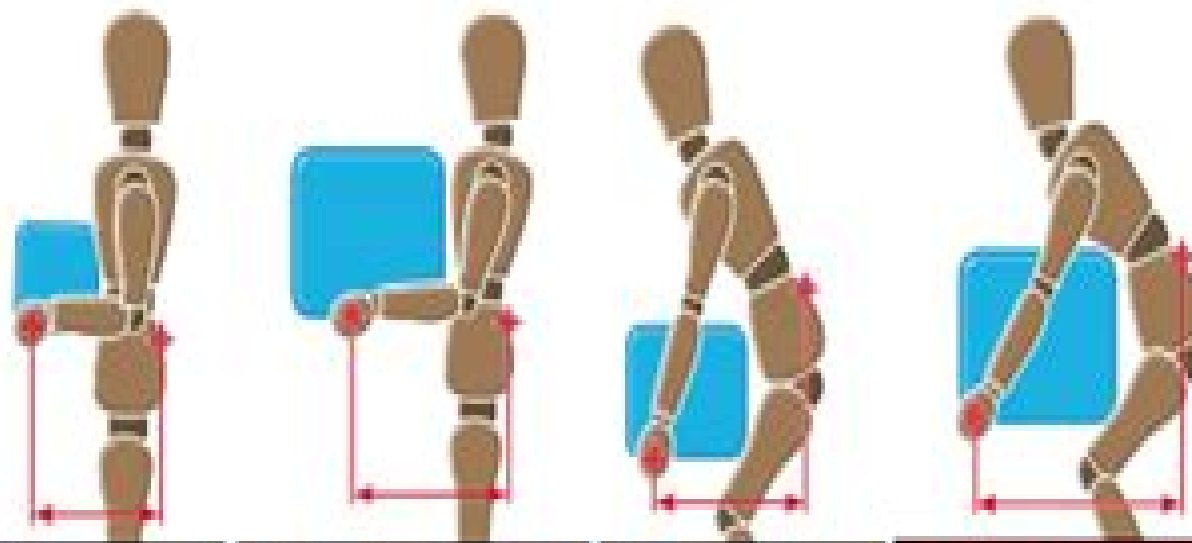


B Hand distance from the lower back

Observe the task and examine the horizontal distance between the operative's hands and their lower back. Always assess the 'worst case scenario'. Use the following to guide your assessment:



Close: Upper arms aligned vertically and upright torso

G/0

Moderate: Upper arms angled away from body

A/3

Moderate: Torso bent forward

A/3

Far: Upper arms angled away from body and torso bent forward

R/6

Mac Manual Handling

Kathleen Armour



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