

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

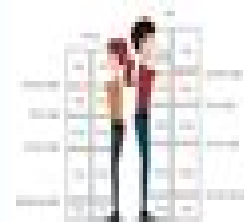
The Regulations require employers to...

- Avoid the need for manual handling
- Assess the risk of injury from repetitive manual handling activities that cannot be avoided
- Reduce the risk of injury from repetitive manual handling activities

Manual Handling risk assessment

- It is an essential task a competent person who is familiar with the legal requirements

Guidance weights are available



Assessing and reducing manual handling risks

The risk is determined by handling from the activities that the '50' percent of the population can undertake on a job.

- The lifting frequency
- The horizontal capacity of those involved
- The control used
- The working environment (e.g. wind, ice, wet, slippery, uneven ground)

With the Manual Handling assessment tool, you can also be used

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the task and assess

- What is the task and why is it needed?
- How often is the task repeated?
- How long does the task take?
- How often is the task repeated?



Step 2

Identify a suitable and comfortable posture

- How often is the task repeated?
- How long does the task take?
- How often is the task repeated?
- How long does the task take?



Step 3

Identify a suitable posture

- How often is the task repeated?
- How long does the task take?
- How often is the task repeated?
- How long does the task take?



Step 4

Identify a suitable posture

- How often is the task repeated?
- How long does the task take?
- How often is the task repeated?
- How long does the task take?



Step 5

How often is the task repeated?

- How often is the task repeated?
- How long does the task take?
- How often is the task repeated?
- How long does the task take?



Citation



Managing Manual Handling A Guide For Managers And Heads Of

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