

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling involves one or more of all activities listed below.

The Regulations require employers to...

- Assess the need for manual handling
- Assess the risk of injury from hazardous manual handling activities that cannot be avoided
- Reducing the risk of injury from hazardous manual handling activities

Manual Handling risk assessment

- To be carried out by a competent person who is familiar with the legal requirements

Guidance weights are available



Assessing and reducing manual handling risks

This can be achieved by looking at the activities and the '5R's' approach for the assessment and reduction of risk.

- The Risk is to be assessed
- The Individuals, capability of those involved
- The task itself
- The working (Work/Environment) in which the manual handling is to be carried out

NOTE: Other Manual Handling assessment tools such as the 'NIOSH' Test can also be used.

Good Hand Habits



Team Lifts



Roller Conveyors



Mechanical Assistance



Step 1

Step 1: Think and plan

- Why does this need to be done?
- Do you require any equipment?
- Can the task be avoided?
- Can the task be done in a safer way?
- Can you lift it?



Step 2

Step 2: Adopt a stable and coordinated posture

- Hands close to the feet
- Keep the feet close together
- Feet close together



Step 3

Step 3: Lift or put

- Feet close together and feet
- Feet close together and feet
- Feet close together and feet



Step 4

Step 4: Adopt a good posture

- With your feet, feet and feet close together
- Feet close together and feet
- Feet close together and feet
- Feet close together and feet



Step 5

Step 5: Put down the load and then adjust it

- Feet close together and feet
- Feet close together and feet
- Feet close together and feet



International Standards Manual Handling

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