

# Manual Handling Are you managing the risks?

## Overview and Legal Duties

Manual handling covers most activities of employed persons.

### 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
- Reduce 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 frequency, quantity of those involved
- The weight lifted
- The working (lifting/lowering) posture the manual handling is being 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 it be automated?
- Can HSE or someone you consider?
- Do you need help?



## Step 2

Step 2: Adopt a stable and coordinated posture

- Hands close to the feet
- Keep the feet apart and the knees bent
- Breathe steadily



## Step 3

Step 3: Get a grip

- Keep the feet close to the feet
- Keep the feet close to the feet
- Keep the feet close to the feet



## Step 4

Step 4: Adopt a good posture

- With your feet, keep your feet close to the feet
- Keep your feet close to the feet
- Keep your feet close to the feet



## Step 5

Step 5: Put down the load and then adjust it

- When possible, use the feet to lift or push
- Keep the feet close to the feet
- Keep the feet close to the feet



# International Standards Manual Handling

**M Lipman**



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