

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



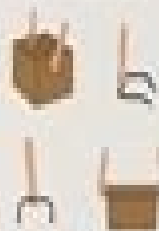
Assessing and reducing manual handling risks

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 the task be avoided?
- Can HSE or someone you consider help you with this?



Step 2

Step 2: Adopt a stable and coordinated posture

- Hands close to the feet
- Knees slightly bent from the vertical
- Back straight



Step 3

Step 3: Lift or grip

- Feet should always point forwards
- Feet should always be shoulder-width apart
- Feet should always be flat on the floor



Step 4

Step 4: Adopt a good posture

- With your head, hips and knees slightly bent, you should maintain the box between the knees and the head
- Your shoulders should be directly over your knees and your hips
- Your feet should be shoulder-width apart, flat on the floor and pointing forwards



Step 5

Step 5: Put down the load and then adjust it

- When possible, never lift your feet or back height from this to take the required position
- Avoid twisting the back or twisting the torso or twisting the feet or torso



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