

# Manual handling assessment charts (the MAC tool)



This is a web-friendly version of leaflet INDG383(rev2), published 06/14.

## Introduction

Work-related musculoskeletal disorders (MSDs), including manual handling injuries, are the most common type of occupational ill health in the UK. It is important to remember that:

- there is a lot you can do to prevent them;
- preventative measures are often simple and cost-effective;
- you cannot prevent all MSDs, but where they occur, early reporting of symptoms, proper treatment and suitable rehabilitation are essential.

The Manual Handling Assessment Charts (MAC) is a tool aimed at employers, health and safety managers and safety representatives and is used by health and safety inspectors. The tool will help individuals to assess the most common risk factors in lifting (and lowering), carrying and team handling operations and was developed to identify high-risk manual handling.

### What does the law say?

The Manual Handling Operations Regulations 1992 set out a clear hierarchy of measures for dealing with risk likely to cause harm from manual handling. These are:

- avoid hazardous manual handling operations so far as reasonably practicable;
- assess any manual handling operations that cannot be avoided;
- reduce the risk of injury to as low as reasonably practicable.

### Structure of the MAC

There are three types of assessment that can be carried out with the MAC:

- lifting operations (pages 3–6);
- carrying operations (pages 7–10);
- team handling operations (pages 11–13).

For each type of assessment there is an assessment guide and a flow chart. There is a score sheet (the 'MAC: Score sheet') to complete on page 14.

#### Note

The MAC is **not** appropriate for some manual handling operations, for example those that involve pushing and pulling. Its use does **not** comprise a full risk assessment (see *Manual handling* in 'Further reading'). Always consider individual and psychosocial issues when completing the 'MAC: Score sheet'. Also, the MAC is **not** designed to assess risks associated with workplace upper limb disorders (see *Upper limb disorders in the workplace and Assessment of Repetitive Tasks of the upper limbs (the ART tool)* in 'Further reading').

# Mac Manual Handling Assessment Tool

**RRC**



## **Mac Manual Handling Assessment Tool:**

**Manual Handling Assessment Charts**, 2003      Bodyspace Stephen Pheasant, Christine M. Haslegrave, 2018-12-19 In the 20 years since the publication of the first edition of Bodyspace the knowledge base upon which ergonomics rests has increased significantly The need for an authoritative contemporary and above all usable reference is therefore great This third edition maintains the same content and structure as previous editions but updates the material and references to reflect recent developments in the field The book has been substantially revised to include new research and anthropometric surveys the latest techniques and changes in legislation that have taken place in recent years New coverage in the third edition Guidance on design strategies and practical advice on conducting trials Overview of recent advances in simulation and digital human modes Dynamic seating Recent work on hand handle interface Computer input devices Laptop computer use and children s use of computers Design for an aging population and accessibility for people with disabilities New approaches to risk management and new assessment tools legislation and standards As the previous two editions have shown Bodyspace is an example of the unusual a text that is a favorite among academics and practitioners Losing none of the features that made previous editions so popular the author skillfully integrates new knowledge into the existing text without sacrificing the easily accessible style that makes this book unique More than just a reference text this authoritative book clearly delineates the field of ergonomics      **Clay's Handbook of Environmental Health** Stephen Battersby, 2022-08-16

Since its first publication in 1933 Clay s Handbook of Environmental Health under its different names has provided a definitive guide for the environmental health practitioner EHP and an essential reference for the consultant and student This 22nd edition continues with its more recent successful structure reviewing the core principles techniques competencies and skills required of an EHP and then outlining the specialist subjects without getting bogged down in a legalistic approach seeking to broaden the content for a more global audience This new edition seeks to educate the EHP on the public health impacts of global heating and the climate emergency and also reflects the COVID 19 pandemic as might be expected Although seeking to have global appeal the impact of the UK leaving the EU is also addressed The book examines environmental health in different settings including in the military working in both conflict and natural disaster settings and environmental health at sea and airports In line with previous editions case studies are used to illustrate how EH problems have been resolved This new edition includes guidance on key issues in public and environmental health including air pollution contaminated land housing and health noise water food safety pests and vector control chemicals in the environment and radiation as well as sustainability and public health and humanitarian crises This handbook aims to give a basic understanding of the philosophical basis of environmental health as well as the required technical aspects and an understanding of environmental health in different settings All chapters have sections on further reading and sources of information Clay s Handbook is essential reading for all practitioners students and researchers in environmental and public

health wherever they are working      *Airport Baggage Handling Systems* Brahim Rekiek, 2023-10-19 The competition between airports demands higher quality services to satisfy passengers A Baggage Handling System BHS serves functions such as baggage sorting screening and storage A successful BHS means bags move between areas as travellers do Handlers load unload bags and transfer them between the airport's areas Automation can save money and bring safety and operational benefits Warehouses as well as the automotive industry are more advanced technologically in comparison to the airport and especially the baggage handling business The concept of the Baggage Factory BF is an approach based on Industry 4.0 that simplifies the processes from the moment passengers drop off their bags at check in till the destination chutes carousels and so forth *Airport Baggage Handling Systems Using the Baggage Factory Approach to Support AI Optimisation Decisions and Design Processes* introduces the features of the BF concept and presents how BHS designers can use AI technology to tackle many BHS problems and concerns The book bridges the gap between airport BHS designers and experts in AI and optimisation It describes in detail the field of baggage handling using algorithms for sorting bags or optimising the flow The way the systems are designed is discussed and a behind the scenes look at the BHS industry and how it affects the daily lives of travellers is presented International and multidisciplinary in approach this book is an ideal resource for practitioners students and researchers involved in the air transportation industry *Tourism Systems Engineering Layout and Design Artificial Intelligence Assembly Automation and Logistics fields*      *Health and Safety in Logistics* Jerry Rudd, 2020-09-10 Logistics is a complex industry that exposes employees to a whole variety of risks These include not only accidents on the road and deaths and injuries resulting from unsafe use of forklifts but also the consequences of poor fire safety long term health risks due to poor manual handling technique and problems relating to mental health Many thousands of incidents are recorded every year This book examines each aspect of health and safety in turn with a focus on warehousing and transportation *Health and Safety in Logistics* informs managers about potential hazards found in the industry and explains in detail how they can make the workplace as safe as possible      *WORK* Brent Braveman, Jill J Page, 2011-12-16 Here's the first book of its kind to provide a comprehensive overview of the full range of occupational therapy interventions for work related services The authors build a foundation of knowledge based on the development of the worker role the meaning and function of work in modern day society and cultural interpretations of work They then focus on specialized areas of occupational therapy assessment and intervention including psychosocial and physical assessment and preventative programming      *Safety Fables for Today* Laura J Cahill, 2022-04-12 Putting a modern spin on some childhood stories *Safety Fables for Today* introduces Zac and the Beanstalk cautioning against dropped objects and falls from height a Perilous Porridge Pot overflowing with oats and useful insights on preventing loss of containment a Super Sized Swede presenting big manual handling challenges and updated versions of many other familiar tales too In embarking upon this journey Laura J Cahill draws on the power of storytelling helped by a liberal sprinkling of fairy dust and the company of some fictional folk along

the way providing fresh thought for those seeking to properly manage their activities and a gentle bedtime read for anyone else with a passing interest in the field of health and safety Needless to say there s more to these tales and their characters than first meets the eye not least because of the insights they offer to organisations seeking to control real world risks reinvigorate health and safety agendas and secure happy endings of their own Through understanding the messages conveyed by these fictional players and addressing these within their own workplace settings readers can play their part in ensuring that beyond simply living happily workers remain injury free enjoy good health and live safely ever after too

Introduction to Health and Safety at Work Phil Hughes MBE,Ed Ferrett,2020-12-21 Introduction to Health and Safety at Work covers the fundamentals of occupational safety and closely follows the NEBOSH National General Certificate syllabus which was updated in 2019 and came into use in 2020 Highly illustrated and over 600 pages in length it covers all of the essential elements of health and safety management the legal framework risk assessment and control standards and also includes checklists report forms and record sheets to supplement learning It also has an extensive summary of current health and safety legislation Aligned to the NEBOSH National General Certificate in Occupational Health and Safety Practice questions and answers to test knowledge and increase understanding In addition to helping students study for the NGC it is used for reference and revision on other Health and Safety qualifications at level 3 and above including the Nebosh Diploma It is also a source of reference and guidance for health and safety practitioners in the workplace Health and Safety at Work For Dummies RRC,2016-03-21 Are you complying with health and safety regulations in the workplace Making mistakes in many areas of health and safety can be both incredibly dangerous and hugely costly So what can you do to avoid hazards and expensive time consuming legal battles That s where Health Safety at Work For Dummies comes in Cutting through the clutter it provides you with the practical must know information you need to ensure your workplace is a suitably safe environment that complies with government health and safety rules and regulations Did you know that in 2014 1 2 million working people suffered from work related illnesses 2 535 mesothelioma deaths occurred due to past asbestos exposure and 133 workers were killed on the job The list goes on and the statistics are staggering Health Safety at Work For Dummies shows you how to keep your employees safe from becoming another statistic in this frightening data Arming you with critical information needed to adhere to health and safety regulations it offers expert guidance on managing and implementing health and safety in your business controlling workplace risks going the extra mile in following orders and much more Offers an easy to follow overview for getting started with health and safety Provides tips and advice for planning your health and safety management Includes guidance on monitoring and reviewing your health and safety systems Clearly demonstrates how to organize and motivate your workforce to comply with rules and regulations You can t afford to run a business that doesn t provide a safe work environment Be smart safe and proactive with the help of this essential guide *Questions and Answers for the Diploma in Occupational Medicine, revised edition* Clare Fernandes,Karen Nightingale,2021-08-21 This book

is designed to help candidates prepare for the MCQ part of the Diploma in Occupational Medicine exam The first 150 questions along with their answers and explanations are designed to help readers check their understanding This section of the book is broken down into the core subject areas on which you will be tested Ethics and the law Effects of work on health Principles of occupational health Clinical occupational health Health and safety at work The book also contains a complete mock practice exam of 60 questions together with answers and commentary These questions follow the style of those in the exam and will help fully prepare candidates by allowing them to develop an understanding of how the exam questions work Written by a GP Registrar and winner of the Faculty of Occupational Medicine s Mobbs Fellowship who recently passed the exam and checked for accuracy by a Consultant in Occupational Medicine this book is the ideal revision and practice guide for exam candidates From reviews As a recent DOccMed candidate I consider this book to be a useful reference for those preparing for the written part of the diploma examination it would be an excellent investment for anyone preparing for the exam Occupational Medicine April 2018

*Introduction to Health and Safety at Work* Phil Hughes, Ed Ferrett, 2015-08-27

*Introduction to Health and Safety at Work* covers the fundamentals of occupational safety and health for the thousands of students who complete the NEBOSH National General Certificate in Occupational Health and Safety each year Fully revised in alignment with the April 2015 syllabus this sixth edition provides students with all they need to tackle the course with confidence The highly illustrated content covers all of the essential elements of health and safety management the legal framework risk assessment and control standards and also includes checklists report forms and record sheets to supplement learning Aligned to the NEBOSH National General Certificate in Occupational Health and Safety Practice questions and answers to test knowledge and increase understanding Complete with a companion website containing extra resources for tutors and students at [www.routledge.com/cw/hughes](http://www.routledge.com/cw/hughes) Written by renowned authors the *Introduction to Health and Safety at Work* is also a handy reference for managers and directors dealing with the day to day issues of health and safety and is of great value to those studying for level 3 N SVQ and the NEBOSH National Diploma

**Occupational Therapy for People Experiencing Illness, Injury or Impairment E-Book (previously entitled Occupational Therapy and Physical Dysfunction)** Michael Curtin, Mary Egan, Jo Adams, 2016-12-16 The sixth edition of this classic book remains a key text for occupational therapists supporting their practice in working with people with physical impairments stimulating reflection on the knowledge skills and attitudes which inform practice and encouraging the development of occupation focused practice Within this book the editors have addressed the call by leaders within the profession to ensure that an occupational perspective shapes the skills and strategies used within occupational therapy practice Rather than focusing on discrete diagnostic categories the book presents a range of strategies that with the use of professional reasoning can be transferred across practice settings The new editors have radically updated the book in response to the numerous internal and external influences on the profession illustrating how an occupational perspective underpins occupational therapy practice A global

outlook is intrinsic to this edition of the book as demonstrated by the large number of contributors recruited from across the world Covers everything the student needs within the physical disorders part of their course Links theory of principles to practice and management Written and edited by a team of internationally experienced OT teachers clinicians and managers Gives key references and further reading lists for more detailed study Written within a framework of lifespan development in line with current teaching and practice Includes practice scenarios and case studies Focuses on strategies New title echoes the contemporary strength based and occupation focused nature of occupational therapy practice which involves working with people and not medical conditions and diagnoses Content and structure reviewed and shaped by an international panel of students new graduates 22 additional chapters 100 expert international contributors Evolve Resources evolve elsevier com Curtin OT contains 3 bonus interactive practice stories with reflective videos 360 MCQs 200 reflective questions 250 downloadable images Critical discussion of the ICF in the context of promoting occupation and participation Pedagogical features summaries key points and multiple choice and short answer reflective questions     Oxford Handbook of Occupational Health Steven Sadhra,Alan Bray,Steve Boorman,2022-05-09 Fully revised for this third edition the Oxford Handbook of Occupational Health is a concise practice based guide to the area Bringing together the latest legislation and guidance with current practice in the field this is an authoritative reference to assessing and managing health risks in the workplace Consisting of twelve sections covering the full breadth of practice this Handbook covers workplace hazards and diseases occupational health emergencies and practical procedures This third edition also contains new information on ethics work health and disability infection control respiratory disorders and fitness for work with updated diagrams figures and chemical structures to aid reader understanding Providing a thorough easy to use guide to the whole of occupational health this Handbook is the essential resource for all occupational physicians occupational health nurses and all those dealing with workplace health and fitness giving you the information you need at your fingertips     Fitness for Work Keith T Palmer,Ian Brown,John Hobson,2013-01-24 The bible of occupational health Fitness for Work is the most in depth and comprehensive resource available on the effects of ill health on employment Expert authors provide practical guidance on the employment potential of anyone with an illness or disability as well as examining the art and skills of fitness for work assessment and its ethical framework Fully revised and updated Fitness for Work fifth edition now includes for the first time important new chapters on work in cancer survivors health promotion in the workplace and managing and avoiding sickness absence Following in the all encompassing and comprehensive tradition of the previous editions it also continues to provide coverage of and information on support for rehabilitation work at older ages health screening and the full array of medical and surgical health problems that can affect fitness for work Chapters are organized by medical condition to enable effortless reference and are co authored by a topic specialist and a specialist occupational physician providing a comprehensive view of the subject The latest developments in legislation and government guidelines are included ensuring the book is up to date and

provides the most current procedures in the field Fitness for Work delivers a wealth of valuable consensus guidance codes of practice and locally evolved standards to enable well informed clinical judgements to be made All occupational health professionals should have a copy of this highly regarded resource on their desks *Contemporary Ergonomics 2008* Philip D. Bust,2017-06-30 Presenting the Proceedings of the Ergonomics Society s annual conference the series embraces the wide range of topics covered by ergonomics Individual papers provide insight into current practice present new research findings and form an invaluable reference source A wide range of topics are covered in these proceedings including Ergonomics H

**Health and Safety, Premises and Environment Handbook 2012** Workplace Law Group,2011-12-03 The Health and Safety Premises and Environment Handbook 2012 provides you with all the essential information you need on legislation regulation policy case law and best practice Information is presented in plain English and broken down into separate A Z sections containing legislative summaries key points handy fact boxes and sources of further information All the guidance is written and compiled by our team of expert authors including top law firms surveyors safety consultants and regulatory bodies Workplace Law s Health and Safety Premises and Environment Handbook is aimed at all those with an interest in the health and safety premises and environmental management aspects of the workplace and so our readership consists mainly of Health and Safety managers officers and directors Facilities Managers as well as General Managers and Directors of small businesses

**Contemporary Ergonomics 2003** Paul T. McCabe,2002-06-01 The broad and developing scope of ergonomics the application of scientific knowledge to improve people s interaction with products systems and environments has been illustrated over the past 15 years by the books which make up the Contemporary Ergonomics series Presenting the proceedings of the Ergonomics Society s annual conference the series embraces the wide range of topics covered by ergonomics Individual papers provide insight into current practice present new research findings and form an invaluable reference source The volumes provide a fast track for the publication of suitable papers from international contributors These are chosen on the basis of abstracts submitted to a selection panel in the autumn prior to the Ergonomics Society s annual conference held in the spring Proceedings of the 2nd Human Engineering Symposium Mohd Hasnun Arif Hassan,Mohd Nadzeri Omar,Nasrul Hadi Johari,Yongmin Zhong,2024-03-11 This book acts as a compilation of papers presented in the 2nd Human Engineering Symposium HUMENS 2023 held at Pekan Pahang Malaysia The symposium covers the following research topics ergonomics biomechanics sports technology medical device and instrumentation artificial intelligence machine learning industrial design rehabilitation additive manufacturing modelling and bio simulation and signal processing The articles published will be of interest to researchers and practitioners from the medical device manufacturers healthcare rehabilitation and sports technology Occupational and Environmental Safety and Health III Pedro M. Arezes,J. Santos Baptista,Paula Carneiro,Jacqueline Castelo Branco,Nélson Costa,J. Duarte,J. C. Guedes,Rui B. Melo,A. Sérgio Miguel,Gonçalo Perestrelo,2021-11-12 This book gathers cutting edge research and best practices relating to occupational



risk and safety management healthcare and ergonomics It covers strategies for different types of industry such as construction food chemical and healthcare It gives a special emphasis on challenges posed by automation discussing solutions offered by technologies and reporting on case studies carried out in different countries Chapters are based on selected contributions to the 17th International Symposium on Occupational Safety and Hygiene SHO 2021 held virtually on November 17 19 2021 from Portugal By reporting on different perspectives such as the ones from managers workers and OSH professionals and covering timely issues such as safety evaluation of human robot collaboration this book offers extensive information and a source of inspiration to OSH researchers practitioners and organizations operating in both local and global contexts

**A Guide to Duchenne Muscular Dystrophy** Janet Hoskin, 2017-12-14 This guide provides everything teachers and parents need to know to support a child or young person with Duchenne Muscular Dystrophy DMD at school and home Medical experts and practitioners working with children with Duchenne in schools give advice on learning and behavioural concerns physical management and the transition to adulthood

## Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Mac Manual Handling Assessment Tool**

In a world inundated with monitors and the cacophony of instant conversation, the profound energy and psychological resonance of verbal artistry usually disappear in to obscurity, eclipsed by the constant assault of noise and distractions. Yet, located within the musical pages of **Mac Manual Handling Assessment Tool**, a fascinating perform of fictional splendor that impulses with raw thoughts, lies an wonderful trip waiting to be embarked upon. Published by a virtuoso wordsmith, that interesting opus instructions visitors on an emotional odyssey, softly exposing the latent potential and profound affect stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is key themes, dissect their interesting writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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### **Table of Contents Mac Manual Handling Assessment Tool**

1. Understanding the eBook Mac Manual Handling Assessment Tool
  - The Rise of Digital Reading Mac Manual Handling Assessment Tool
  - Advantages of eBooks Over Traditional Books
2. Identifying Mac Manual Handling Assessment Tool
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Mac Manual Handling Assessment Tool
  - User-Friendly Interface
4. Exploring eBook Recommendations from Mac Manual Handling Assessment Tool
  - Personalized Recommendations

- Mac Manual Handling Assessment Tool User Reviews and Ratings
- Mac Manual Handling Assessment Tool and Bestseller Lists
- 5. Accessing Mac Manual Handling Assessment Tool Free and Paid eBooks
  - Mac Manual Handling Assessment Tool Public Domain eBooks
  - Mac Manual Handling Assessment Tool eBook Subscription Services
  - Mac Manual Handling Assessment Tool Budget-Friendly Options
- 6. Navigating Mac Manual Handling Assessment Tool eBook Formats
  - ePub, PDF, MOBI, and More
  - Mac Manual Handling Assessment Tool Compatibility with Devices
  - Mac Manual Handling Assessment Tool Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Mac Manual Handling Assessment Tool
  - Highlighting and Note-Taking Mac Manual Handling Assessment Tool
  - Interactive Elements Mac Manual Handling Assessment Tool
- 8. Staying Engaged with Mac Manual Handling Assessment Tool
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Mac Manual Handling Assessment Tool
- 9. Balancing eBooks and Physical Books Mac Manual Handling Assessment Tool
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Mac Manual Handling Assessment Tool
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Mac Manual Handling Assessment Tool
  - Setting Reading Goals Mac Manual Handling Assessment Tool
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mac Manual Handling Assessment Tool
  - Fact-Checking eBook Content of Mac Manual Handling Assessment Tool

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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