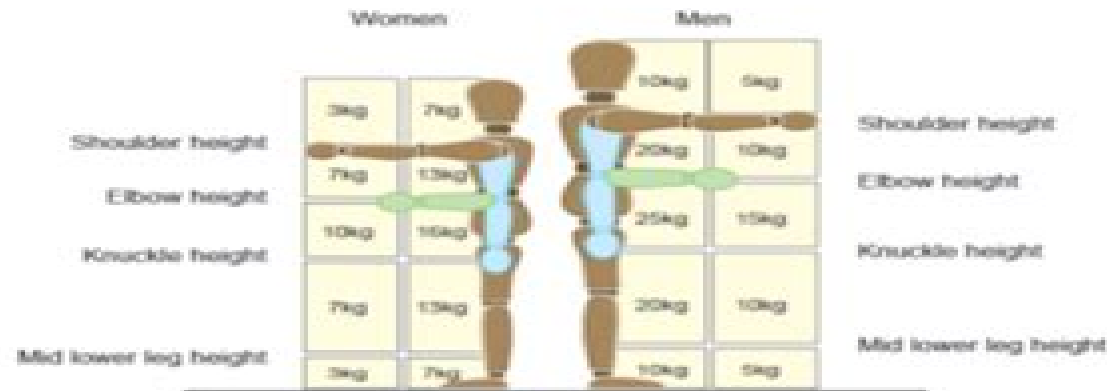


General manual handling risk assessment guidelines

Source: United Kingdom Health and Safety Executive

There is no such thing as a completely 'safe' manual handling operation. But working within the following guidelines will cut the risk and reduce the need for a more detailed assessment.



Each box contains a guideline weight for lifting and lowering in that zone.

(As you can see, the guideline weights are reduced if handling is done with arms extended, or at high or low levels, as that is where injuries are most likely to occur.)

The guideline weights assume that the load is readily grasped with both hands and that the operation takes place in reasonable working conditions, with the lifter in a stable body position.

- Method**
1. Observe the work activity you are assessing and compare it to the diagram.
 2. Decide which box or boxes the lifter's hands pass through when moving the load.
 3. Assess the maximum weight being handled. If it is less than the figure given in the box, the operation is within the guidelines.
 4. If the lifter's hands enter more than one box during the operation, use the smallest weight. Use an in-between weight if the hands are close to a boundary between boxes.

- Adjustments**
- Twisting**
- Reduce the guideline weights if the handler twists to the side during the operation. As a rough guide:
- reduce them by 10% if the handler twists beyond 45 degrees, and
 - reduce by 20% if the handler twists beyond 90 degrees.
- Frequent lifting and lowering**
- The guideline weights are for infrequent operations - up to about 30 operations per hour - where the pace of work is not forced, adequate pauses to rest or use different muscles are possible, and the load is not supported by the handler for any length of time. Reduce the weights if the operation is repeated more often. As a rough guide reduce the weights:
- by 30% if the operation is repeated once or twice per minute,
 - by 50% if the operation is repeated five to eight times a minute, and
 - by 80% where the operation is repeated more than 12 times a minute.

General Risk Assessment Guidelines Manual Handling

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Handbook of Standards and Guidelines in Human Factors and Ergonomics Waldemar Karwowski, Anna Szopa, Marcelo M. Soares, 2021-06-28 With an updated edition including new material in additional chapters this one of a kind handbook covers not only current standardization efforts but also anthropometry and optimal working postures ergonomic human computer interactions legal protection occupational health and safety and military human factor principles While delineating the crucial role that standards and guidelines play in facilitating the design of advantageous working conditions to enhance individual performance the handbook suggests ways to expand opportunities for global economic and ergonomic development This book features Guidance on the design of work systems including tasks equipment and workspaces as well as the work environment in relation to human capacities and limitations Emphasis on important human factors and ergonomic standards that can be utilized to improve product and process to ensure efficiency and safety A focus on quality control to ensure that standards are met throughout the worldwide market

Ultimate Guide to Manual Handling Lee Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way

Tolley's Practical Risk Assessment Handbook Mike Bateman, 2006 Risk assessment has become the backbone of Health and Safety management in the UK and elsewhere Employers have a legal duty to prove that risk assessments have been carried out and precautions have been implemented Mike Bateman demystifies the risk assessment process and how it relates to UK legislation Previous ed Croydon LexisNexis 2003

District Nursing Manual of Clinical Procedures Liz O'Brien, 2012-05-07 This manual the first of its kind focused on district nursing provides the means to build competence and confidence in nurses new to the community or developing their skills The comprehensive and evidence based content provides essential information for competence in key areas of district nursing From the Foreword by Rosemary Cook CBE Hon D Lett MSc PG Dip RGN Director The Queen's Nursing Institute Clinical skills are a fundamental aspect of district nursing care The District Nursing Manual of Clinical Procedures is a practical evidence based manual of clinical skills which reflects the unique challenges of district nursing care within the patient's home It provides a comprehensive resource for all district nurses community nurses students and healthcare professionals involved in the district nursing team enabling them to practice competently and confidently and deliver clinically effective person centred care The District Nursing Manual of Clinical Procedures addresses the complexity of district nursing care and encompasses key aspects of clinical practice

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[Risk Assessment](#) Georgi Popov, Bruce K. Lyon, Bruce D. Hollcroft, 2021-12-13. Risk Assessment: Explore the fundamentals of risk assessment with references to the latest standards, methodologies and approaches. The Second Edition of Risk Assessment: A Practical Guide to Assessing Operational Risks delivers a practical exploration of a wide array of risk assessment tools in the contexts of preliminary hazard analysis, job safety analysis, task analysis, job risk assessment, personnel protective equipment, hazard assessment, failure mode and effect analysis and more. The distinguished authors discuss the latest standards, theories and methodologies covering the fundamentals of risk assessments as well as their practical applications for safety, health and environmental professionals with risk assessment responsibilities. What If Checklist Analysis Methods are included for additional guidance. Now in full color, the book includes interactive exercises, links, videos and online risk assessment tools that can be immediately applied by working practitioners. The authors have also included material that reflects the latest updates to ISO standards, the ASSP Technical Report and the ANSI Z590.3 Prevention through Design standard. New hazard phrases for chemical hazards in the Globally Harmonized System as well as NIOSH's new occupational exposure banding tool. The new risk based approach featured in the NAVY IH Field Manual. New chapters covering business continuity, causal factors analysis and layers of protection analysis and barrier analysis. An indispensable resource for employed safety professionals in a variety of industries, business leaders and staff personnel with safety responsibilities and environmental engineers. Risk Assessment: A Practical Guide to Assessing Operational Risks is also useful for students in safety, health and environmental science courses.

Guidelines for the international packaging and shipping of vaccines, 2020-12-22. International shipping of vaccines is the first leg of the complex journey that vaccines undertake to reach the end users in a country. Particular challenges include the size and weight of packages, implementation of quality control checks at reception, ensuring environmental sustainability and maintaining required temperatures during the journey. Although there are many possibilities of transport, e.g. sea freight and terrestrial transportation, air freight currently remains the most widely used means of transport for vaccines. In recognition of this fact, these guidelines apply predominantly to the air freighting of vaccines. Transportation of vaccines from the manufacturing facility to the airport facility requires the use of ground transportation and reference is also made to the

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Contemporary Ergonomics 2000 S. Robertson, Margaret Hanson, P, T McCabe, 2003-09-02 The 2000 edition of this long running and highly respected series contains the best papers from the Ergonomics Society Annual Conference in 2000 The individual papers provide insight into current practice presents new research findings and forms an invaluable reference source In addition to mainstream ergonomists and human factors specialists Contemporary Ergonomics 2000 will appeal to all those who have an interest in peoples interaction with their working and leisure environment including designers manufacturing and production engineers health and safety specialists occupational applied and industrial psychologists and applied physiologists

International Health and Safety at Work Phil Hughes, Ed Ferrett, 2013 The second edition of International Health and Safety at Work has been specially written in simple English for the thousands of students who complete the NEBOSH International Certificate in Health and Safety each year Fully updated and matched to the March 2011 syllabus this course book provides students with all they need to tackle the course with confidence Full colour pages and over 200 illustrations bring health and safety to life Each chapter starts with learning outcome summaries and ends with questions taken from recent NEBOSH examinations Specimen answers and a study skills chapter are also included to aid exam preparation Endorsed by NEBOSH for the International General Certificate in Occupational Health and Safety Provides all the material students need for the course including tables forms and checklists that can be used for health and safety activities such as risk assessment Gives a unique summary of Occupational Health and Safety legal frameworks in over 20 countries including the EU and USA plus details of several ILO conventions and recommendations which are useful to students and a wide range of managers This NEBOSH endorsed textbook introduces the reader to the fundamentals of health and safety in the workplace from an international perspective The book not only meets the needs of students on the NEBOSH course but remains a useful reference for all managers who work to international standards and need to adapt them to local needs and practice Phil Hughes MBE MSc CFIOSH is a former Chairman of NEBOSH 1995 2001 former President of IOSH 1990 1991 and runs his own consultancy He received an MBE for services to health and safety and as director of RoSPA in the New Year s Honours List 2005 Ed Ferrett PhD BSc Hons Eng CEng MIMechE MIET CMIOSH is a former Vice Chairman of NEBOSH 1999 2008 and a lecturer on various NEBOSH health and safety courses He is a Chartered Engineer and a health and safety consultant

Advances in Physical Ergonomics and

Human Factors: Part I Tareq Ahram, Renliu Jang, 2018-07-19 The discipline of human factors and ergonomics HF E is concerned with the design of products process services and work systems to assure their productive safe and satisfying use by people Physical ergonomics involves the design of working environments to fit human physical abilities By understanding the constraints and capabilities of the human body and mind we can design products services and environments that are effective reliable safe and comfortable for everyday use This book focuses on the advances in the physical HF E which are a critical aspect in the design of any human centered technological system The ideas and practical solutions described in the book are the outcome of dedicated research by academics and practitioners aiming to advance theory and practice in this dynamic and all encompassing discipline A thorough understanding of the physical characteristics of a wide range of people is essential in the development of consumer products and systems Human performance data serve as valuable information to designers and help ensure that the final products will fit the targeted population of end users Mastering physical ergonomics and safety engineering concepts is fundamental to the creation of products and systems that people are able to use avoidance of stresses and minimization of the risk for accidents *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 **Manual Handling in Health and Social Care** Michael Mandelstam, 2002-02-15 This book presents an accessible overview of manual handling legislation legal case law national guidance policy and practice A stand alone overview of manual handling law and practice is followed by more in depth material in A Z format and fully cross

referenced which allows the reader to look up issues for quick access to more information **Manual Lifting** Daniela Colombini, Enrico Occhipinti, Enrique Alvarez-Casado, Thomas R. Waters, 2012-07-10 Commonly used throughout the world manual lifting tasks whether simple or complex all involve variable loads postures and movements This practical guide discusses how to analyze the intricate lifting function and prevent injury during its execution Outlining revised NIOSH Lifting Equation RNLE methods the book illustrates their use in asses *Occupational Health & Safety Solutions* Ian Bollans, David Preece, 2024-05-31 Health and safety legislation places significant responsibilities on employers and managers to protect the health and safety of their workers but the subject area is seen as both complex and technical in nature often requiring the input of professionals This book dispels these myths by taking a unique approach allowing somebody with little or no knowledge of the subject to understand their legal duties and then take a practical step by step approach to control workplace risks and prevent accidents Occupational Health Safety Solutions Practical Compliance is a reworking and updating of Jordan Publishing s Health and Safety Management published by LexisNexis from 1997 to 2023 The book takes a comprehensive approach by covering the main subject areas of occupational health and safety and is relevant to all types of workplaces It provides enough background knowledge for the reader to understand what the law requires and what needs to be done to achieve compliance with the main emphasis being on practical application Providing the reader with the ability to manage health and safety through a process of flowcharts diagrams and extensive checklists the book draws on the expertise of the authors and current best practice within industry Each chapter sets out a clear practical approach to identifying and managing risks thereby enabling a robust and successful health and safety management system to be established in any workplace The book is written for non safety professionals such as managers and directors who want to discharge and manage their health and safety responsibilities in their workplace without the need to engage a consultant It will also appeal to the safety professional by providing an authoritative guide to current best practice together with the practicalities of managing health and safety risks *Teaching in Lifelong Learning 3e A guide to theory and practice* James Avis, Roy Fisher, Ron Thompson, 2018-11-29 Addressing the Professional Standards for Teachers and Trainers this bestselling textbook helpfully balances theory and practice introducing key theories and concepts relating to learning and assessment as well as providing practical advice on teaching Extensively revised and updated to reflect the current educational policy environment this textbook for teaching provides thorough and extensive coverage of the topics for higher level awards in Education and Training The textbook provides a logical progression through the essential aspects of teaching such as planning and assessment it considers key related areas including teacher professionalism equality and diversity and mentoring and coaching and it presents this invaluable guidance in an accessible and readable format In outlining the challenges opportunities and debates in and around lifelong learning the editors and contributing authors draw on their extensive teaching experience as well as offering an evidence based approach with a wide range of research Teaching in Lifelong

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Dimond,2011-08-02 Since publication of the original edition in 1996 this book has established itself as an essential text for occupational therapists It offers an understanding of the law relating to their practice but is written to be accessible for those who have no prior legal knowledge The text provides valuable information for occupational therapists employed in health and social services as well as the law relevant to private practitioners The book includes chapters on all the main client groups and presents the relevant specialist law Students and teachers of occupational therapy will find the chapters on professional registration education training and research of particular interest The third edition has been substantially revised to cover significant changes in legislation since the previous version There is also a brand new chapter on the subject of death and dying Legal Aspects of Occupational Therapy remains a key resource for the occupational therapy student practitioner and service manager **Introduction to Health and Safety at Work , Introduction to Health and Safety in**

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requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases

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