

Manual handling assessment charts (the MAC tool)



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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

RM Cervero



Mac Manual Handling Assessment Tool:

The book delves into Mac Manual Handling Assessment Tool. Mac Manual Handling Assessment Tool is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Mac Manual Handling Assessment Tool, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Mac Manual Handling Assessment Tool
 - Chapter 2: Essential Elements of Mac Manual Handling Assessment Tool
 - Chapter 3: Mac Manual Handling Assessment Tool in Everyday Life
 - Chapter 4: Mac Manual Handling Assessment Tool in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Mac Manual Handling Assessment Tool. This chapter will explore what Mac Manual Handling Assessment Tool is, why Mac Manual Handling Assessment Tool is vital, and how to effectively learn about Mac Manual Handling Assessment Tool.
 3. In chapter 2, the author will delve into the foundational concepts of Mac Manual Handling Assessment Tool. The second chapter will elucidate the essential principles that must be understood to grasp Mac Manual Handling Assessment Tool in its entirety.
 4. In chapter 3, the author will examine the practical applications of Mac Manual Handling Assessment Tool in daily life. This chapter will showcase real-world examples of how Mac Manual Handling Assessment Tool can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Mac Manual Handling Assessment Tool in specific contexts. This chapter will explore how Mac Manual Handling Assessment Tool is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Mac Manual Handling Assessment Tool. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Mac Manual Handling Assessment Tool.

<https://staging.conocer.cide.edu/data/virtual-library/HomePages/millwrights%20alignment%20guide.pdf>

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