



Manual Handling Assessment Charts (MAC) - Score Sheet

Company Name:

Task Description - Please use diagrams if necessary

Are there indications that the task is high risk? (please tick appropriate boxes)

☐

Task has a history of manual handling incidents
(eg company accident book, RIDDOR reports)

☐

Task is known to be hard work or high risk

☐

Employees doing the work show signs that they are finding it hard work
(eg breathing heavily, red-faced, sweating)

☐

Other indications, if so what?

Signature

Date

Insert the colour band for each of the risk factors in the boxes below, referring to your assessment using the tool.

Risk Factors	Colour Band (G, A, R, or P)			Numerical Score		
	Lift	Carry	Team	Lift	Carry	Team
Load weight and lift/carry frequency						
Hand distance from the lower back						
Vertical lift region						
Trunk twisting/sideways bending Asymmetrical trunk/load carrying						
Postural constraints						
Grip on the load						
Floor surface						
Other environmental factors						
Carry distance (carrying only)						
Obstacles en route (carrying only)						
Communication and co-ordination (team handling only)						
Total Score				0	0	0

Other risk factors, eg individual factors, psychosocial factors etc

For information on reducing the risks of individual or psychosocial factors [Click here](#)

Manual Handling Mac Score Sheet

**Mohd Hasnun Arif Hassan, Mohd
Nadzeri Omar, Nasrul Hadi
Johari, Yongmin Zhong**

Manual Handling Mac Score Sheet:

Evaluation of Human Work John R. Wilson, Sarah Sharples, 2015-04-16 Written by experts with real world experience in applying ergonomics methodology in a range of contexts Evaluation of Human Work Fourth Edition explores ergonomics and human factors from a doing it perspective More than a cookbook of ergonomics methods the book encourages students to think about which methods they should apply when and why

Clay's Handbook of Environmental Health Stephen Battersby, 2016-07-01 Clay's Handbook of Environmental Health since its first publication in 1933 has provided a definitive guide for the environmental health practitioner or reference for the consultant or student This 21th edition continues as a first point of reference reviewing the core principles techniques and competencies and then outlining the specialist subjects It has been refocused on the current curriculum of the UK's Chartered Institute of Environmental Health but should also readily suit the generalist or specialist working outside the UK

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

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

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

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

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

Landwards ,2000 **Smart and Sustainable Supply Chain and Logistics - Trends, Challenges, Methods and Best Practices** Paulina Golinska-Dawson,Kune-Muh Tsai,Monika Kosacka-Olejniak,2020-12-12 This book discusses the critical contemporary issues of sustainability and integration of physical and information flow It explores the digitalization of logistics processes and the need for a more integrated and a seamless cooperation in supply chain management which are dominant trends in business practice Moreover it examines how the pressure for CO2 emission reductions and more resource efficient business models influences the organization of logistics operations on both a local and global scale demonstrating that integrating physical

and cyber systems is necessary to achieve a more environmentally friendly safe logistics and supply chain operations In the individual chapters the authors discuss the new qualitative and quantitative theoretical methods and models and also analyze case studies from business practice This book provides valuable insights for academics Ph D students and practitioners wishing to deepen their understanding of logistics operations and management

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

Legal Aspects of Health and Safety Bridgit Dimond,2016-06-27 Presented in a clear and concise format that makes for easy reference and understanding this revised and updated edition covers issues that are becoming increasingly important to health professionals managers and educators including proposed changes to the law since Lord Young s 2010 report Common Sense Common Safety Topics include cross infection and the spread of MRSA greater regulation of health and safety standards stress and bullying and the laws relating to notifiable diseases such as HIV AIDS Illustrated with case studies throughout this book is designed to provide a clear introduction to the laws relating to health and safety case law and statute law so that the health professional has a sound understanding of the law

Ergonomics for All: Celebrating PPCOE's 20 years of Excellence Dyi-Yih Michael Lin,Hsieh-Ching Chen,2010-09-29 This book contains the selected papers presented at the 20th anniversary meeting of the Pan Pacific Conference on Ergonomics organized by the Ergonomics Society of Taiwan PPCOE 2010 is an international forum aimed to bring together scholars and practitioners from around the world to exchange and disseminate the latest developments in erg

Introduction to Health and Safety in Construction Phil Hughes,Ed Ferrett,2012-09-10 This NEBOSH endorsed textbook is matched to the latest syllabus of the National Certificate in Construction Safety and Health Within the construction industry the need for specialist health and safety training is high due to the high risks involved This is reflected in recent legislation such as CDM 2007 and explains the consistent demand for courses and learning materials The text is easy to read highly illustrated in full color and supported with checklists report forms and record sheets used currently in the industry Students are supported with end of chapter questions a study skills chapter and specimen assignments including specimen answers As NEBOSH actively grow their qualifications internationally demand for this book and it s sister titles continues to increase overseas High growth markets are the Middle East Malaysia

India and China **InfoWorld** ,1989-06-05 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects **BUKU ERGONOMI INDUSTRI**

Fadli Arsi, dkk, Penulis Fadli Arsi dkk ISBN 978 634 246 018 4 Halaman vi 283 Ukuran 14 8 x 21 Tahun 2025 Sinopsis Ergonomi industri adalah cabang ilmu yang mempelajari interaksi antara manusia dan elemen elemen sistem kerja untuk menciptakan lingkungan kerja yang aman nyaman efisien dan produktif Tujuan utama ergonomi adalah menyesuaikan kondisi kerja dengan kemampuan serta keterbatasan fisik dan mental pekerja Dalam konteks industri ergonomi mencakup analisis dan perancangan alat mesin tata letak tempat kerja serta prosedur kerja agar mendukung kesehatan dan kinerja pekerja Penerapan ergonomi industri sangat penting untuk mengurangi risiko cedera akibat kerja seperti musculoskeletal disorders MSDs kelelahan dan stres kerja Melalui pendekatan ergonomi organisasi dapat meningkatkan kepuasan kerja menurunkan tingkat absensi serta meningkatkan efisiensi dan kualitas produksi Ergonomi industri mencakup berbagai aspek antara lain desain stasiun kerja pemilihan alat bantu yang sesuai pengaturan jadwal kerja pencahayaan suhu kebisingan serta faktor psikososial di tempat kerja Evaluasi ergonomi dilakukan dengan berbagai metode seperti observasi wawancara pengukuran postur kerja REBA RULA dan simulasi komputer Dengan memahami prinsip prinsip ergonomi perusahaan dapat menciptakan sistem kerja yang tidak hanya memenuhi target produksi tetapi juga menjaga kesehatan dan kesejahteraan pekerjanya Oleh karena itu ergonomi industri merupakan investasi strategis yang berkontribusi langsung terhadap keberlanjutan dan daya saing organisasi dalam jangka panjang InfoWorld ,1988-08-29 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects InfoWorld ,1991-01-07 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects **InfoWorld** ,1990-08-13 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects InfoWorld ,1988-07-11 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects **InfoWorld** ,1988-12-12 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects

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