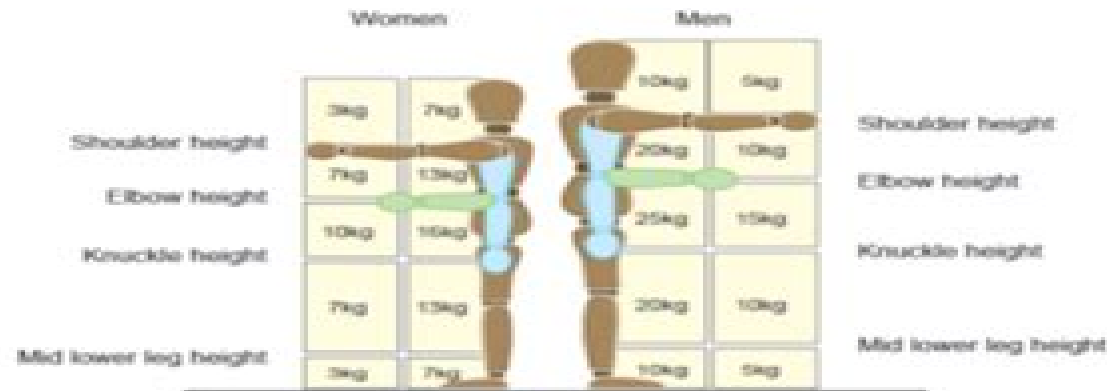


## General manual handling risk assessment guidelines

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.

<b>Method</b>	<ol style="list-style-type: none"> <li>1. Observe the work activity you are assessing and compare it to the diagram.</li> <li>2. Decide which box or boxes the lifter's hands pass through when moving the load.</li> <li>3. Assess the maximum weight being handled. If it is less than the figure given in the box, the operation is within the guidelines.</li> <li>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.</li> </ol>	
	<b>Twisting</b>	Reduce the guideline weights if the handler twists to the side during the operation. As a rough guide: <ul style="list-style-type: none"> <li>• reduce them by 10% if the handler twists beyond 45 degrees, and</li> <li>• reduce by 20% if the handler twists beyond 90 degrees.</li> </ul>
<b>Adjustments</b>	<b>Frequent lifting and lowering</b>	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: <ul style="list-style-type: none"> <li>• by 30% if the operation is repeated once or twice per minute,</li> <li>• by 50% if the operation is repeated five to eight times a minute, and</li> <li>• by 80% where the operation is repeated more than 12 times a minute.</li> </ul>

# General Risk Assessment Guidelines Manual Handling

**Shasha Hu**

A decorative red circular graphic with a gradient, partially obscured by the light blue bar, located to the right of the name 'Shasha Hu'.

## **General Risk Assessment Guidelines Manual Handling:**

*Handbook of Standards and Guidelines in Ergonomics and Human Factors* Waldemar Karwowski, 2005-12-16 A comprehensive review of international and national standards and guidelines this handbook consists of 32 chapters divided into nine sections that cover standardization efforts anthropometry and working postures designing manual material human computer interaction occupational health and safety legal protection military human factor standard

**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

*Easy Guide to Health and Safety* Phil Hughes, Liz Hughes, 2008-06-20 Do you need to get to grips with health and safety principles but don't have time to wade through reams of legislation and guidance Do you need practical step by step guidance on health and safety issues for your small business Then this is the book for you The jargon free Easy Guide to Health and Safety introduces the health and safety issues which the self employed and managers directors and staff with health and safety responsibilities in small businesses face every day Words and legislation are kept to a minimum and the text is supported by numerous relevant illustrations The book is packed with practical guidance and solutions as well as handy checklists and forms for your basic health and safety needs especially useful when setting up a new business The book is also suitable for students on IOSH Working Safely and NVQ level 1 and 2 courses from City Guilds and other NVQ awarding bodies Phil Hughes is a well known UK safety professional with over thirty years world wide experience He was Chairman of NEBOSH from 1995 2001 and President of IOSH in 1990 91 Phil received

the RoSPA Distinguished service award in May 2001 and became a Director and Trustee of RoSPA in 2003 He received an MBE in the New Year Honours List 2005 for services to Health and Safety Liz Hughes taught psychology in further and higher education She went on to qualify as a social worker specializing in mental health and later moved into the voluntary sector where she managed development for a number of years Liz has achieved NVQ training modules D32 33 and 34 and has tutored students completing NVQ awards Her psychology and education background means that she is skilled in preparing readable easily accessible information

**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 require the use of ground transportation and reference is also made to the qualification of refrigerated road vehicles as well The objective of these guidelines is to provide technical guidance to help ensure the quality of vaccines during all stages of the international air transportation process These guidelines are applicable to all persons and institutions involved in international air shipment of vaccines from the premises of the product manufacturer to the recipient country This includes all parties involved in shipment vaccine manufacturers logistics service providers LSPs freight forwarders carriers and their employees The relevant sections of these guidelines should also be considered for implementation by UN procurement agencies and other international procurement organizations countries donor agencies and certifying bodies

**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

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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, 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

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 assessing manual lifting tasks of varying degrees of difficulty Using examples to reinforce presented concepts it explains how RNLE methods can be applied to evaluate single composite variable and sequential lifting tasks It also explores how to interpret and apply the results according to international standards and guidelines

**Occupational Health: A Practical Guide for Managers** Dr. Ann Fingret, Alan Smith, 2013-02-01 New legislation and recommended working practices demand that every organisation considers carefully the health of its workforce Occupational Health A Practical Guide for Managers offers a comprehensive view of health and safety issues at work The range of people it aims to appeal to reflects the interdisciplinary nature of this subject Personnel professionals managers and occupational health practitioners alike will find it an invaluable resource

**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 Learning A Guide to Theory and Practice is core reading for those teaching or preparing to teach in further higher and community education as well as in public sector contexts and in private training organisations including those studying for CertEd PGCE and related awards such as the Level 4 Certificate and Level 5 Diploma in Education and Training Teacher education in FE continues to be an important and unresolved issue and this book is a great asset in supporting individuals in understanding and developing their practices With a focus on developing critical inquiring practitioners the text reads like an experienced mentor sharing pointers questions and useful readings over a collegial cup of coffee Dr Tim Herrick Senior University Teacher University of Sheffield UK      Traffic Signs Manual Great Britain: Department for Transport, 2006-06-30 Part 1 Design is also available ISBN 0115527389      *Legal Aspects of Occupational Therapy* Bridgit C. 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      *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

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*Introduction to Health and Safety at Work*, **Principles of Construction Safety** Allan St John Holt, 2008-06-09

The construction industry has not had a good record on health and safety and faces tough legal and financial penalties for breaches of the law. This book provides a unique resource for all those who construct or procure the construction of projects of all sizes and in all countries and for clients who need to keep abreast of their own and their contractors' responsibilities. It gives practical guidance on best practice, including measuring performance and recording information, developing a safety policy and method statements, assessing risk, training and understanding people, the basics of the construction environment, interface. The book addresses several topics not found in other reference works, discussing techniques of health and safety and basic environmental management as applied to the industry. It uniquely provides 50 quick reference guides setting out solutions to common problems. These include falls, manual and mechanical handling, work with asbestos and noise. It also summarises the main UK legal requirements on construction safety and health and includes a number of useful checklists and model forms. Written by a very experienced health and safety practitioner who is also author of the highly successful IOSH book *Principles of Health and Safety at Work*, this book will be welcomed by all responsible for health and safety. It will also provide an excellent text for the NEBOSH National Examination Board in Occupational Safety and Health Construction Safety and Health national certificate.



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