

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

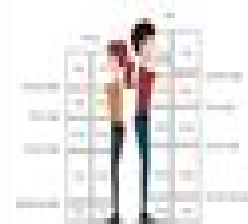
The Regulations require employers to...

- Avoid the need for manual handling
- Assess the risk of injury from repetitive manual handling activities that cannot be avoided
- Reduce the risk of injury from repetitive manual handling activities

Manual Handling risk assessment

- It is recommended a competent person who is familiar with the legal requirements

Guidance weights are available



Assessing and reducing manual handling risks

The risk is determined by handling from the activities that the '5R' process for Assessment is concerned with, such as:

- The lifting or lowering
- The horizontal carrying of loads or boxes
- The pushing
- The walking (disturbance) to avoid the use of handling or to be carried out

With the Manual Handling assessment tool such as the '5R' tool can also be used

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the task and assess

- What is the task and why is it needed?
- How often is the task repeated?
- How long does the task take to complete?
- How often is the task repeated?



Step 2

Identify a suitable and comfortable posture

- How often is the task repeated?
- How long does the task take to complete?
- How often is the task repeated?



Step 3

Identify a suitable posture

- How often is the task repeated?
- How long does the task take to complete?
- How often is the task repeated?



Step 4

Identify a suitable posture

- How often is the task repeated?
- How long does the task take to complete?
- How often is the task repeated?



Step 5

How often is the task repeated?

- How often is the task repeated?
- How long does the task take to complete?
- How often is the task repeated?



Managing Manual Handling A Guide For Managers And Heads Of

Thomas Griffiths



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