

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

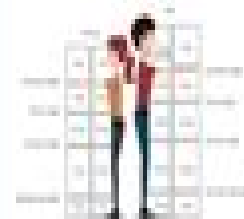
The Regulations require employers to...

- 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 an essential task 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 '50' percent of the population can undertake on a job.

- The lifting frequency
- The horizontal capacity of those involved
- The control used
- The working environment is a good one or a bad one for the worker

With the Manual Handling assessment tool with a 100% test you can do for you

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

What? How? and when?

- What is the task to be performed?
- How many times will it be repeated?
- How long will it take to complete?
- What is the time for rest and other activities?



Step 2

What is the nature and complexity of the task?

- How complex is the task?
- How long will it take to complete?
- How many times will it be repeated?



Step 3

How? and when?

- How often will it be repeated?
- How long will it take to complete?
- How many times will it be repeated?



Step 4

What is the weight of the load?

- What is the weight of the load?
- How long will it take to complete?
- How many times will it be repeated?
- How long will it take to complete?



Step 5

How often will it be repeated?

- How often will it be repeated?
- How long will it take to complete?
- How many times will it be repeated?



Manual Handling Guide For Employers

J Ma



Manual Handling Guide For Employers:

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