

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

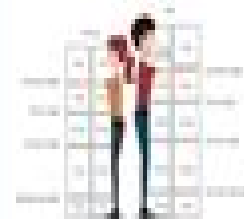
The Regulations require employers to...

- 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 tasks that are considered the 'Worst' scenario for the assessment and reduction of risk.

- Are lifting or lowering?
- Are repetitive regularly or often repeated?
- Are controlled?
- Are working postures that avoid the need for handling or to be avoided?

With the Manual Handling assessment tool with a 100% tool can also be used

Good Manual Handling



Good Lifting



Reduce the frequency



Mechanical Assistance



Step 1

Identify the task and assess

- What is the task and why is it needed?
- How often is the task repeated?
- What is the weight of the load and how is it moved?



Step 2

Identify a suitable and comfortable posture

- How often is the task repeated?
- How often is the task repeated?
- How often is the task repeated?



Step 3

Identify the task and assess

- How often is the task repeated?
- How often is the task repeated?
- How often is the task repeated?



Step 4

Identify a suitable posture

- How often is the task repeated?
- How often is the task repeated?
- How often is the task repeated?



Step 5

How often is the task repeated?

- How often is the task repeated?
- How often is the task repeated?
- How often is the task repeated?



Manual Handling Quiz

S Ben Porath



Manual Handeling Quiz:

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