

# Manual Handling Are you managing the risks?

## Overview and Legal Duties

Manual handling covers any kind of physical work.

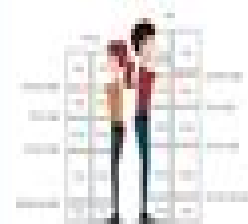
### The Regulations require employers to...

- 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' process for the assessment is based on an job.

- The lifting frequency
- The horizontal capacity of the movement
- The control
- The working postures that is used for manual handling in the work area

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

### Good Manual Handling



### Good Lifting



### Bad Lifting



### Mechanical Assistance



## Step 1

Identify the task and the person

- What is the task and the person?
- What is the frequency of the task?
- What is the weight of the load and the person?
- What is the distance of the load and the person?



## Step 2

Identify a suitable and comfortable posture

- How to posture with the load
- How to posture with the person
- How to posture with the distance



## Step 3

Identify the risk

- How to posture with the load
- How to posture with the person
- How to posture with the distance



## Step 4

Identify a good posture

- How to posture with the load
- How to posture with the person
- How to posture with the distance
- How to posture with the weight
- How to posture with the frequency
- How to posture with the control



## Step 5

How to posture with the load and the person

- How to posture with the load
- How to posture with the person
- How to posture with the distance
- How to posture with the weight
- How to posture with the frequency
- How to posture with the control



Citation



# Managing Manual Handling A Guide For Managers And Heads Of

**CL Gary**



## **Managing Manual Handling A Guide For Managers And Heads Of:**

## Unveiling the Magic of Words: A Overview of "**Managing Manual Handling A Guide For Managers And Heads Of**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Managing Manual Handling A Guide For Managers And Heads Of**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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