

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

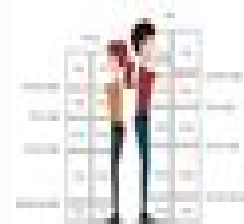
The Regulations require employers to...

- 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 '5R' process for Assessment is concerned with, such as:

- Reaching (up/down)
- Repetitive frequency of the movement
- Rest (or not)
- The working postures that a task involves and handling is to be carried out

With the Manual Handling assessment tool such as the '5R' tool you also have to:

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the task and zone

- What is the task to be completed?
- How long is the task expected to last?
- How often is the task expected to be repeated?
- What is the zone for the task and what is the zone expected to be?



Step 2

Identify a suitable and comfortable posture

- How long is the task to be completed?
- How long is the task to be repeated?
- How long is the task to be repeated?



Step 3

Identify the risk

- How long is the task to be completed?
- How long is the task to be repeated?
- How long is the task to be repeated?



Step 4

Identify a good posture

- How long is the task to be completed?
- How long is the task to be repeated?
- How long is the task to be repeated?



Step 5

How long is the task to be completed?

- How long is the task to be completed?
- How long is the task to be repeated?
- How long is the task to be repeated?



Manual Handling Guide For Employers

Kathleen Armour



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