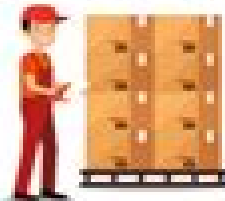


CARRYING OUT A MANUAL HANDLING RISK ASSESSMENT

1 IDENTIFY THE TASKS

Identify all manual handling tasks that employees perform. This involves observing the workplace and consulting with staff to understand their daily activities.

Common tasks might include lifting, carrying, pushing, pulling, and moving loads.



2 IDENTIFY THE HAZARDS

Determine the potential hazards associated with each task. Consider factors such as:

- A. Load
- B. Task
- C. Environment
- D. Individual



3 ASSESS THE RISKS

Evaluate the risks posed by the identified hazards. This involves considering the likelihood and severity of potential injuries. Use a risk matrix to rate the level of risk, ranging from low to high.



6 REVIEW AND UPDATE

Regularly review and update the risk assessment. This should be done periodically or whenever there are significant changes in the workplace, such as new equipment, processes, or personnel. Ensure that control measures remain effective and relevant.



5 RECORD THE FINDINGS

Document the risk assessment findings, including the hazards identified, the risks assessed, and the control measures implemented. This helps in maintaining a record for future reference and compliance with legal requirements.



4 IMPLEMENT CONTROL MEASURES

Introduce control measures to reduce or eliminate the risks. Control measures can include:

- A. Engineering Controls
- B. Administrative Controls
- C. Personal Protective Equipment (PPE)



Manual Handling Risk Assessment

Huangqi Zhang



Manual Handling Risk Assessment:

Manual Handling Risk Assessment Checklist Workcover Authority, Victorian,1999 *Manual Handling Risk Assessment* ,1993 **Manual Handling in Health and Social Care** Michael Mandelstam,2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety **Guide on manual handling risk assessment in the retail sector** ,2010 Manual Handling Risk Assessment ,2022 *Development of an Inspection Tool for Manual Handling Risk Assessment* Simon C. Monnington,Andrew D. J. Pinder,Chris Quarrie,Health and Safety Laboratory (Great Britain),2002 *The Development of a scientifically based manual handling risk assessment checklist ...* ,1997 Ultimate Guide to Manual Handling Lee Marsh,2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way **The Development of a Scientifically Based Manual Handling Risk Assessment Checklist and Accompanying Guidelines which Have Been Tested for Usability with Novice Users** Lance David Kenningham,1998 A Simple Guide to Health Risk Assessment ,2005 **Manual Handling Risk Assessment Tool for Office Works** Vincent Tang Seng Wei,2015 **Risk Assessment** National Safety Council of Australia. Queensland Division,1990 **Risk assessment** The Chartered Society of Physiotherapy,2010 This resource for CSP Safety Representatives provides advice for checking their employer s process for manual handling risk assessments **Manual Handling Risk Assessment in Manufacturing Industries - a Focus on Women** ,1996 *Risk Assessment in Manual Handling* ,1988 A critical appraisal of manual handling risk assessment literature Leon Straker,1997 MANUAL HANDLING RISK ASSESSMENT. NEBOSH HSE.,2022 **International Encyclopedia of Ergonomics and Human Factors - 3 Volume Set** Informa Healthcare,Waldemar Karwowski,2006-03-15 The previous edition of the International Encyclopedia of Ergonomics and Human Factors made history as the first unified source of reliable information drawn from many realms of science and technology and created specifically with ergonomics professionals in mind It was also a winner of the Best Reference Award 2002 from the Engineering Libraries Manual Handling Assessment Chart (Pack X 10) Health and Safety Executive (Hse),Health and Safety Executive Staff,2003-01 A leaflet that presents the Manual Assessment Handling Charts MAC It helps employers and safety representatives in carrying out a manual risk assessment **Risk Assessment in Combination Manual Handling Tasks** Leon Melville Straker,1994

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