

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

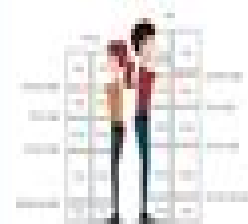
The Regulations require employers to...

- 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 assessment by a competent person who is familiar with the legal requirements

Guidance weights are available



Assessing and reducing manual handling risks

The risk is estimated by handling tasks that are classified by 'TRT' (percentage of recommended maximum weight of lift).

- No lifting or lowering
- No repetitive loading or unloading
- No twisting
- No working postures that would cause undue strain or stress

With other Manual Handling assessment tools such as the 'TRT' Test can also be used

Good Manual Handling



Good Lifting



Bad Lifting Examples



Mechanical Assistance



Step 1

Identify the task

- What is the task?
- How often is it done?
- How long does it take?
- How often is it done?



Step 2

Identify a suitable and comfortable posture

- Keep the back straight
- Keep the feet shoulder-width apart
- Keep the knees slightly bent
- Keep the hips slightly bent



Step 3

Identify the weight

- Keep the weight within the limits
- Keep the weight within the limits
- Keep the weight within the limits



Step 4

Identify a good posture

- Keep the back straight
- Keep the feet shoulder-width apart
- Keep the knees slightly bent
- Keep the hips slightly bent



Step 5

Identify the frequency and duration

- How often is it done?
- How long does it take?
- How often is it done?



Manual Handling Quiz

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