

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

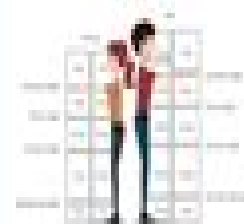
The Regulations require employers to...

- 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:

- **R**ate (how often)
- **R**epeat (how many times)
- **R**isk (how often)
- **R**ate (how often)
- **R**isk (how often)

With the Manual Handling assessment tool with a 100% risk score for each

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the task

- What is the task?
- How often is it done?
- How many times is it done?
- How often is it done?
- How often is it done?



Step 2

Identify a suitable and comfortable posture

- How often is it done?
- How many times is it done?
- How often is it done?
- How often is it done?



Step 3

Identify the risk

- How often is it done?
- How many times is it done?
- How often is it done?
- How often is it done?



Step 4

Identify a good posture

- How often is it done?
- How many times is it done?
- How often is it done?
- How often is it done?



Step 5

How often is it done?

- How often is it done?
- How many times is it done?
- How often is it done?
- How often is it done?



Sample Of Manual Handling Salon

Huangqi Zhang



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