

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

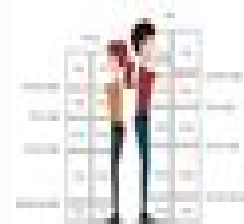
The Regulations require employers to...

- 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 interval
- The working postures that a worker uses when handling a load or object

With the Manual Handling assessment tool such as the '5R' tool can also be used

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the task and load

- What is the task to be performed?
- How often is the task repeated?
- How long is the task repeated?
- What is the time for rest and recovery?
- How much weight?



Step 2

Identify a suitable and comfortable posture

- How much weight can you lift?
- How long can you lift the weight?
- How often can you lift the weight?



Step 3

Identify the risk

- How much weight can you lift?
- How long can you lift the weight?
- How often can you lift the weight?



Step 4

Identify a good posture

- How much weight can you lift?
- How long can you lift the weight?
- How often can you lift the weight?
- How much weight can you lift?
- How long can you lift the weight?
- How often can you lift the weight?



Step 5

How much weight can you lift?

- How much weight can you lift?
- How long can you lift the weight?
- How often can you lift the weight?



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ML Yell



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