

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

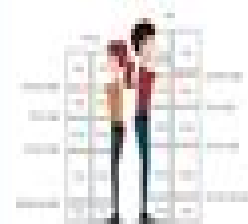
The Regulations require employers to...

- 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 '50' percent of the population can undertake on a job.

- Are lifting or lowering?
- Are repetitive regularly or often repeated?
- Are pushed or pulled?
- Are working postures that a usual one and handling is not to be avoided

With the Manual Handling assessment tool with a 100% test can also be used

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

What? How and why?

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



Step 2

What is the nature and complexity of the task?

- How often is the task repeated?
- How long is the task repeated?
- How much weight?



Step 3

What is the posture?

- How often is the task repeated?
- How long is the task repeated?
- How much weight?



Step 4

What is the posture?

- How often is the task repeated?
- How long is the task repeated?
- How much weight?



Step 5

How often is the task repeated?

- How often is the task repeated?
- How long is the task repeated?
- How much weight?



Sample Of Manual Handling Salon

K Morrison



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Nail Disorders: Practical Tips for Diagnosis and Treatment, An Issue of Dermatologic Clinics Antonella Tosti, 2015-06-12 Expert on diseases of the nails and also disorders of the nail that indicate systemic disease Dr Antonella Tosti leads this issue of Dermatologic Clinics In the article Tips to Treat 5 Most Common Nail Disorders readers will find treatment options for brittle nails onycholysis paronychia psoriasis and onychomycosis with a practical treatment algorithm In the article Tips for Diagnosis and Treatment of Nail Pigmentation physicians will be able to determine when to wait and see when to biopsy and when to excise a pigmented nail lesion In Tips to Diagnose Uncommon Nail Disorders physicians will understand nail disorders that are not very common and should be able to easily diagnose after reading this

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