

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

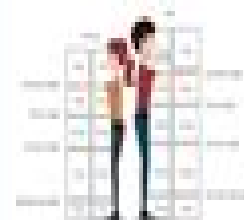
The Regulations require employers to...

- 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 recommended 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 quantity of time/motion
- Rest/posture
- The working environment (e.g. does the work environment make the work more difficult?)

With the Manual Handling assessment tool with a 5R tool you can do this.

Good Manual Handling



Good Lifting



Reduce the frequency



Mechanical Assistance



Step 1

Identify the work activity

- What is the task to be performed?
- How often is the task performed?
- How long does the task take to complete?
- How often does the task take to complete?



Step 2

Identify a suitable and comfortable posture

- How often is the task performed?
- How long does the task take to complete?
- How often does the task take to complete?
- How often does the task take to complete?



Step 3

Identify the risk

- How often is the task performed?
- How long does the task take to complete?
- How often does the task take to complete?
- How often does the task take to complete?



Step 4

Identify a good posture

- How often is the task performed?
- How long does the task take to complete?
- How often does the task take to complete?
- How often does the task take to complete?



Step 5

How often is the task performed?

- How often is the task performed?
- How long does the task take to complete?
- How often does the task take to complete?
- How often does the task take to complete?



Sample Of Manual Handling Salon

Ying Liu



Sample Of Manual Handling Salon:

This book delves into Sample Of Manual Handling Salon. Sample Of Manual Handling Salon is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Sample Of Manual Handling Salon, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Sample Of Manual Handling Salon
 - Chapter 2: Essential Elements of Sample Of Manual Handling Salon
 - Chapter 3: Sample Of Manual Handling Salon in Everyday Life
 - Chapter 4: Sample Of Manual Handling Salon in Specific Contexts
 - Chapter 5: Conclusion
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- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Sample Of Manual Handling Salon.

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