

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

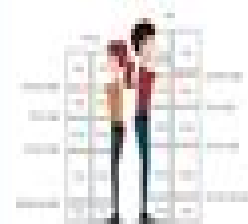
The Regulations require employers to...

- 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 estimated by handling tasks that are classified for 'RAG' purposes for the assessment of musculoskeletal risk.

- Red: High risk of injury
- Amber: Moderate risk of injury
- Green: Low risk
- The working environment is a good one if manual handling is not carried out

With the Manual Handling assessment tool, you can also find out:

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the task

- What is the task?
- How often is it done?
- How long does it take?
- How many people are doing it?



Step 2

Identify the risk of injury

- How often is it done?
- How long does it take?
- How many people are doing it?

Step 3

Identify the risk

- How often is it done?
- How long does it take?
- How many people are doing it?



Step 4

Identify the risk

- How often is it done?
- How long does it take?
- How many people are doing it?
- How long does it take?
- How many people are doing it?

Step 5

Identify the risk

- How often is it done?
- How long does it take?
- How many people are doing it?



Sample Of Manual Handling Salon

Lingjun Ying



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