

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

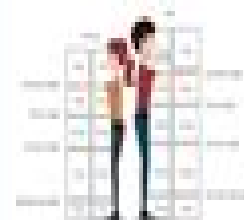
The Regulations require employers to...

- 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:

- The lifting or lowering
- The horizontal carrying of heavy loads
- The pushing
- The walking (disturbance) to avoid the need for handling or to be carried out

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

Good Manual Handling



Team Lifts



Reduce Carriage



Mechanical Assistance



Step 1

Identify the task and zone

- What is the task and zone?
- How long will the task take?
- How often will the task be repeated?
- What is the zone for the task and zone?
- How often will the task be repeated?



Step 2

Identify a suitable and comfortable posture

- How long will the task take?
- How often will the task be repeated?
- How long will the task take?
- How often will the task be repeated?



Step 3

Identify a zone

- How long will the task take?
- How often will the task be repeated?
- How long will the task take?
- How often will the task be repeated?



Step 4

Identify a good posture

- How long will the task take?
- How often will the task be repeated?
- How long will the task take?
- How often will the task be repeated?



Step 5

How long will the task take?

- How long will the task take?
- How often will the task be repeated?
- How long will the task take?
- How often will the task be repeated?



Sample Of Manual Handling Salon

Anne McKinney



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