

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

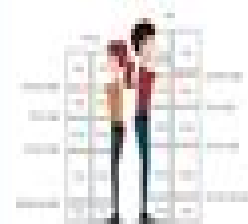
The Regulations require employers to...

- 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 'RAG' process for the assessment is based on an job.

- The lifting frequency
- The horizontal capacity of the movement
- The control used
- The working postures that a job involves and handling is to be carried out

With the Manual Handling assessment tool with a 'RAG' that can also be used

Good Manual Handling



Good Lifting



Good of Carrying



Mechanical Assistance



Step 1

Identify the task and the job

- What is the task and the job?
- How many times will you be doing it?
- How often will you be doing it?
- How long will you be doing it?



Step 2

Identify a suitable and comfortable posture

- How many times will you be doing it?
- How long will you be doing it?
- How often will you be doing it?



Step 3

Identify the risk

- How many times will you be doing it?
- How long will you be doing it?
- How often will you be doing it?



Step 4

Identify a good posture

- How many times will you be doing it?
- How long will you be doing it?
- How often will you be doing it?



Step 5

How many times will you be doing it?

- How many times will you be doing it?
- How long will you be doing it?
- How often will you be doing it?



Sample Of Manual Handling Salon

S Ben Porath



Sample Of Manual Handling Salon:

Embracing the Beat of Phrase: An Psychological Symphony within **Sample Of Manual Handling Salon**

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