

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

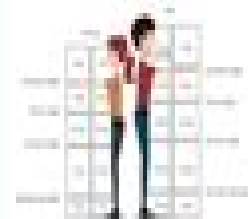
The Regulations require employers to...

- 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:

- The lifting or lowering
- The horizontal carrying of heavy loads
- The pushing
- The working postures that a load or work handling is to be carried out

With the Manual Handling assessment tool with a 100% test you can do for you

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the task and load

- What is the task to be performed?
- How many times will you repeat it?
- How long will it take to complete?
- What is the weight of the load and where is it from the worker?



Step 2

Identify a suitable and comfortable posture

- How far is the load from the worker?
- How high is the load from the worker?
- How long will it take to complete?



Step 3

Identify the risk

- How far is the load from the worker?
- How high is the load from the worker?
- How long will it take to complete?



Step 4

Identify a good posture

- How far is the load from the worker?
- How high is the load from the worker?
- How long will it take to complete?
- How long will it take to complete?
- How long will it take to complete?



Step 5

How many times will you repeat it?

- How many times will you repeat it?
- How many times will you repeat it?
- How many times will you repeat it?



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JE Gale



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