

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

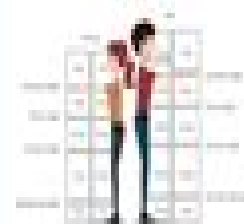
The Regulations require employers to...

- 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 with a 'RAG' tool you can do the job

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the task

- What is the task?
- How often is the task repeated?
- How long does the task take?
- How often does the task take?



Step 2

Identify a suitable and comfortable posture

- How often is the task repeated?
- How long does the task take?
- How often does the task take?



Step 3

Identify the risk

- How often is the task repeated?
- How long does the task take?
- How often does the task take?



Step 4

Identify a good posture

- How often is the task repeated?
- How long does the task take?
- How often does the task take?



Step 5

How often is the task repeated?

- How often is the task repeated?
- How long does the task take?
- How often does the task take?



Sample Of Manual Handling Salon

Michael Hoelscher



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