

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

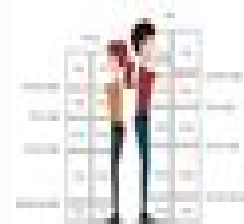
The Regulations require employers to...

- 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 or moving
- 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



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the task and zone

- What is the task to be completed?
- How long is the task expected to last?
- How often is the task expected to be repeated?
- What is the zone for the task and why?
- How is the task done?



Step 2

Identify a suitable and comfortable posture

- How should the task be done?
- How long should the task be done for?
- How often should the task be done?



Step 3

Identify the risk

- How should the task be done?
- How long should the task be done for?
- How often should the task be done?



Step 4

Identify a good posture

- How long should the task be done for?
- How often should the task be done?
- How should the task be done?
- How long should the task be done for?
- How often should the task be done?



Step 5

How should the task be done?

- How long should the task be done for?
- How often should the task be done?
- How should the task be done?



Citation



Sample Of Manual Handling Salon

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