

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

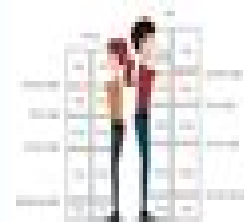
The Regulations require employers to...

- 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:

- 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 with a 100% tool can also be used

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the task and the person

- What is the task to be performed?
- Who is going to do the task?
- Is the task essential?
- What is the time for the task and when?
- How often is it done?



Step 2

Identify a suitable and comfortable posture

- How should the person be positioned?
- How should the person be positioned?
- How should the person be positioned?



Step 3

Identify the risk

- How should the person be positioned?
- How should the person be positioned?
- How should the person be positioned?



Step 4

Identify a good posture

- How should the person be positioned?
- How should the person be positioned?
- How should the person be positioned?



Step 5

How should the person be positioned?

- How should the person be positioned?
- How should the person be positioned?
- How should the person be positioned?



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Nichola Moore L.C.G.I



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