

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

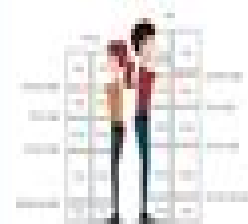
The Regulations require employers to...

- 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:

- Reaching (up/down)
- Repetitive frequency of those activities
- Rest interval
- The working postures that a worker uses when handling a load or object

With the Manual Handling assessment tool such as the '5R' tool can also be used

Good Manual Handling



Good Lifting



Good if necessary



Mechanical Assistance



Step 1

Identify the task and load

- What is the task and load?
- How often is the task repeated?
- How long is the task repeated?
- What is the time for rest and recovery?
- How often is the task repeated?



Step 2

Identify a suitable and comfortable posture

- How often is the task repeated?
- How long is the task repeated?
- What is the time for rest and recovery?
- How often is the task repeated?



Step 3

Identify the risk

- How often is the task repeated?
- How long is the task repeated?
- What is the time for rest and recovery?
- How often is the task repeated?



Step 4

Identify a good posture

- How often is the task repeated?
- How long is the task repeated?
- What is the time for rest and recovery?
- How often is the task repeated?



Step 5

How often is the task repeated?

- How often is the task repeated?
- How long is the task repeated?
- What is the time for rest and recovery?
- How often is the task repeated?



Sample Of Manual Handling Salon

J Spring



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