

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

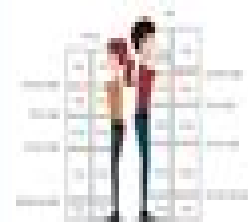
The Regulations require employers to...

- 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 these motions
- Rest interval
- The working postures that a worker uses when handling a load (twisted, bent, etc.)

With this Manual Handling assessment tool, such as the '5R' tool, you can also find out:

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the task and load

- What is the task being performed?
- How often is the task being performed?
- What is the weight of the load?
- What is the distance the load is moved?
- How long is the task?



Step 2

Identify a suitable and comfortable posture

- How often is the task being performed?
- How long is the task?
- How long is the task being performed?
- How long is the task?



Step 3

Identify the risk

- How often is the task being performed?
- How long is the task?
- How long is the task being performed?
- How long is the task?



Step 4

Identify a good posture

- How often is the task being performed?
- How long is the task?
- How long is the task being performed?
- How long is the task?



Step 5

How often is the task being performed?

- How often is the task being performed?
- How long is the task?
- How long is the task being performed?
- How long is the task?



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