

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers a wide range of activities in the workplace.

The Regulations require employers to...

- Assess the risks of 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 employer's legal duty to assess the risks of injury from manual handling

Guidance weights are available



Assessing and reducing manual handling risks

The risk of workplace injury from the activities listed below is assessed according to the:

1. Frequency of occurrence
2. The magnitude of the exposure
3. The control
4. The working environment (e.g. wet or uneven flooring, poor lighting etc)

With the Manual Handling assessment tool, you can also assess:

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the activities

- What is the activity?
- How often is it done?
- How long does it take to do?
- How often is it done?



Step 2

Identify the risks and control measures

- How often is it done?
- How long does it take to do?
- How often is it done?



Step 3

Identify the risks

- How often is it done?
- How long does it take to do?
- How often is it done?



Step 4

Identify the risks

- How often is it done?
- How long does it take to do?
- How often is it done?
- How long does it take to do?
- How often is it done?



Step 5

Identify the risks

- How often is it done?
- How long does it take to do?
- How often is it done?



Citation



Manual Handling Risk Guide

Shasha Hu



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