

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 essential component of any risk assessment
- It is a legal requirement

Guidance weights are available



Assessing and reducing manual handling risks

The risk of workplace injury from the activities listed in the assessment is determined by:

1. The lifting frequency
2. The repetitive quality of the movement
3. The weight
4. The working environment (e.g. wet or uneven flooring, poor lighting etc)

With the Manual Handling assessment tool, you can also be used

Good Hand Habits



Team Lifts



Reduce Frequency



Mechanical Assistance



Step 1

Identify the activities

- What are the activities?
- Are you carrying things regularly?
- Are you carrying things often?
- How often do you lift or lower heavy loads?
- How often do you push or pull?



Step 2

Identify the risks and control the problem

- How often do you lift or lower heavy loads?
- How often do you push or pull heavy loads?
- How often do you carry things?



Step 3

Identify the risks

- How often do you lift or lower heavy loads?
- How often do you push or pull heavy loads?
- How often do you carry things?



Step 4

Identify the risks

- How often do you lift or lower heavy loads?
- How often do you push or pull heavy loads?
- How often do you carry things?
- How often do you lift or lower heavy loads?
- How often do you push or pull heavy loads?
- How often do you carry things?

Step 5

Identify the risks

- How often do you lift or lower heavy loads?
- How often do you push or pull heavy loads?
- How often do you carry things?



Citation



Manual Handling Risk Guide

JR Anderson



Manual Handling Risk Guide:

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web you can make a list of everyday activities wake up get up brush my teeth have eat breakfast or have something for breakfast have a shower get dressed go to work shool get to work school check my emails check my social media work on my computer have lessons have eat lunch finish work go home get home walk my dog do my homework

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web introduction my everyday activities begin from the time i wake up till the time i go to bed they span from anything to everything my everyday activities ensure that i don t become lazy and stay active with the help of my systematic everyday activities i save myself a lot of time and also keep healthy beginning of the day

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web how to write about your simple daily routine 1 use the present simple tense forming the present simple tense is simple use the base form of the verb i play you work they swim remember if you are using the third person singular he she it you need to add s to the verb he plays

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web answers a 1 i clen my teeth 6 at 4 arrive at my house i clean my teeth i get home at 4 2 i wake up at 11 years old 7 i do your homework i wake up at 11

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web helen austen there are some key phrases that are useful to learn in english in order to explain your daily routine to another person in order to introduce these phrases let me take you through a typical day in my life improve your english grammar vocabulary and more with ef english live get started for free i wake up at 6 o clock