

CARRYING OUT A MANUAL HANDLING RISK ASSESSMENT

1 IDENTIFY THE TASKS

Identify all manual handling tasks that employees perform. This involves observing the workplace and consulting with staff to understand their daily activities.

Common tasks might include lifting, carrying, pushing, pulling, and moving loads.



2 IDENTIFY THE HAZARDS

Determine the potential hazards associated with each task. Consider factors such as:

- A. Load
- B. Task
- C. Environment
- D. Individual



3 ASSESS THE RISKS

Evaluate the risks posed by the identified hazards. This involves considering the likelihood and severity of potential injuries. Use a risk matrix to rate the level of risk, ranging from low to high.



6 REVIEW AND UPDATE

Regularly review and update the risk assessment. This should be done periodically or whenever there are significant changes in the workplace, such as new equipment, processes, or personnel. Ensure that control measures remain effective and relevant.



5 RECORD THE FINDINGS

Document the risk assessment findings, including the hazards identified, the risks assessed, and the control measures implemented. This helps in maintaining a record for future reference and compliance with legal requirements.



4 IMPLEMENT CONTROL MEASURES

Introduce control measures to reduce or eliminate the risks. Control measures can include:

- A. Engineering Controls
- B. Administrative Controls
- C. Personal Protective Equipment (PPE)



General Risk Assessment Guidelines Manual Handling

JR Anderson



General Risk Assessment Guidelines Manual Handling:

Handbook of Standards and Guidelines in Ergonomics and Human Factors Waldemar Karwowski, 2005-12-16 A comprehensive review of international and national standards and guidelines this handbook consists of 32 chapters divided into nine sections that cover standardization efforts anthropometry and working postures designing manual material human computer interaction occupational health and safety legal protection military human factor standar *Handbook of Standards and Guidelines in Human Factors and Ergonomics* Waldemar Karwowski, Anna Szopa, Marcelo M. Soares, 2021-06-28 With an updated edition including new material in additional chapters this one of a kind handbook covers not only current standardization efforts but also anthropometry and optimal working postures ergonomic human computer interactions legal protection occupational health and safety and military human factor principles While delineating the crucial role that standards and guidelines play in facilitating the design of advantageous working conditions to enhance individual performance the handbook suggests ways to expand opportunities for global economic and ergonomic development This book features Guidance on the design of work systems including tasks equipment and workspaces as well as the work environment in relation to human capacities and limitations Emphasis on important human factors and ergonomic standards that can be utilized to improve product and process to ensure efficiency and safety A focus on quality control to ensure that standards are met throughout the worldwide market Occupational Health & Safety Solutions Ian Bollans, David Preece, 2024-05-31 Health and safety legislation places significant responsibilities on employers and managers to protect the health and safety of their workers but the subject area is seen as both complex and technical in nature often requiring the input of professionals This book dispels these myths by taking a unique approach allowing somebody with little or no knowledge of the subject to understand their legal duties and then take a practical step by step approach to control workplace risks and prevent accidents Occupational Health Safety Solutions Practical Compliance is a reworking and updating of Jordan Publishing's Health and Safety Management published by LexisNexis from 1997 to 2023 The book takes a comprehensive approach by covering the main subject areas of occupational health and safety and is relevant to all types of workplaces It provides enough background knowledge for the reader to understand what the law requires and what needs to be done to achieve compliance with the main emphasis being on practical application Providing the reader with the ability to manage health and safety through a process of flowcharts diagrams and extensive checklists the book draws on the expertise of the authors and current best practice within industry Each chapter sets out a clear practical approach to identifying and managing risks thereby enabling a robust and successful health and safety management system to be established in any workplace The book is written for non safety professionals such as managers and directors who want to discharge and manage their health and safety responsibilities in their workplace without the need to engage a consultant It will also appeal to the safety professional by providing an authoritative guide to current best practice together with the practicalities of

managing health and safety risks **Contemporary Ergonomics 2000** S. Robertson,2000-04-06 The 2000 edition of this long running and highly respected series contains the best papers from the Ergonomics Society Annual Conference in 2000 The individual papers provide insight into current practice presents new research findings and forms an invaluable reference source In addition to mainstream ergonomists and human factors specialists Contemporary Ergonomics 2000 will appeal to all those who have an interest in peoples interaction with their working and leisure environment including designers manufacturing and production engineers health and safety specialists occupational applied and industrial psychologists and applied physiologists **Introduction to Health and Safety in Construction** Phil Hughes,Ed Ferrett,2008-06-12 Highly illustrated and easy to read this text covers the specific challenges faced by the construction industry as well as the basics of occupational safety and health in general It includes checklists report forms and record sheets **Manual Handling in Health and Social Care** Michael Mandelstam,2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety **Occupational Health** ,2001 *Ergonomics - Manual Handling* International Organization for Standardization,2007 **Internal Auditor's Manual and Guide** Milton Stevens Fonorow,1989 Safety and Health at Work ,2000 **Report of Annual Trades Union Congress** Trades Union Congress,1995 Traffic Signs Manual ,2009 In the operation and maintenance of highway networks it is necessary from time to time to put in place temporary traffic management measures to facilitate safe road works or temporary closures or incident management whilst keeping the traffic flowing as freely as possible The Operations Document provides guidance for those responsible for planning managing and participating in operations to implement maintain and remove temporary traffic management arrangements **Materials Handling News** ,1998 **Australian Journal of Labour Law** ,1996 **Nursing Times, Nursing Mirror** ,2005 FDA Compliance Program Guidance Manual United States. Food and Drug Administration,1993 *Provider* ,2000 *Sheet Metal Industries* ,1993 **Management Services** ,1999 The Handbook of Health and Safety Practice Jeremy W. Stranks,2000 Updated with late 1990s legislation and recent thinking in the field of health and safety practice this text incorporates both legal and practical concerns and is allied closely to the syllabi of NEBOSH IOSH and the Chartered Institute of Environmental Health examinations

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