

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 part of a complete assessment of the risks in the workplace for legal compliance

Guidance weights are available



Assessing and reducing manual handling risks

The risk of workplace injury from the activities listed in the 'MHA' process for Assessment is dependent on the:

1. The lifting/lowering method
2. The frequency/quantity of the movement
3. The weight
4. The working environment (e.g. wet or uneven flooring, uneven ground etc)

MHA is the Manual Handling assessment tool available under the MHA that is used to assess

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the activities

- Identify the activities that involve manual handling
- Do you require lifting equipment?
- Do you require a trolley?
- Do you require a hoist or other lifting equipment?



Step 2

Identify the weight and frequency of activities

- How often will you lift?
- How high will you lift from the floor?
- How long will you lift for?

Step 3

Identify the risk

- Do you have a history of injury?
- How often will you lift from the floor?
- How high will you lift from the floor?



Step 4

Identify the weight of the load

- Will you use the correct equipment and/or lifting technique to lift the load?
- How often will you lift from the floor?
- How high will you lift from the floor?
- How long will you lift for?

Step 5

Do you have a history of injury?

- How often will you lift from the floor?
- How high will you lift from the floor?
- How long will you lift for?



Citation



Manual Handling Guidance

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