

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 increased if you are not following the 5 steps:

1. Are lifting/repetitive?
2. Are repetitive activities of the same nature?
3. Are you tired?
4. Are you working in a confined space or using awkward postures?

With the Manual Handling assessment tool, you can check for all of these.

Good Manual Handling



Good Lifting



Good Posture



Mechanical Assistance



Step 1

Identify the activities

- Are you lifting/repetitive?
- Are you repetitive activities of the same nature?
- Are you tired?
- Are you working in a confined space or using awkward postures?



Step 2

Identify a suitable and comfortable posture

- Are you lifting/repetitive?
- Are you repetitive activities of the same nature?
- Are you tired?



Step 3

Use a tool

- Are you lifting/repetitive?
- Are you repetitive activities of the same nature?
- Are you tired?



Step 4

Identify a suitable posture

- Are you lifting/repetitive?
- Are you repetitive activities of the same nature?
- Are you tired?
- Are you working in a confined space or using awkward postures?
- Are you lifting/repetitive?



Step 5

Are you lifting/repetitive?

- Are you lifting/repetitive?
- Are you repetitive activities of the same nature?
- Are you tired?



Citation



Interview Questions For A Manual Handling Job

Richard A. Fear, James F. Ross



Interview Questions For A Manual Handling Job:

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Interview Questions For A Manual Handling Job Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Interview Questions For A Manual Handling Job**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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