

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 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 the 5 steps for you and for you.

Good Manual Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the activities

- Are you lifting/repetitive?
- Are you carrying/repetitive?
- Are you pushing/repetitive?
- Are you pulling/repetitive?
- Are you working in a confined space?
- Are you using awkward postures?



Step 2

Identify a suitable and comfortable posture

- Are you standing with feet shoulder-width apart?
- Are you standing with feet hip-width apart?
- Are you sitting?



Step 3

Are you tired?

- Are you working in a confined space?
- Are you using awkward postures?
- Are you using mechanical assistance?



Step 4

Identify a suitable posture

- Are you using the correct posture when lifting/repetitive?
- Are you using the correct posture when carrying/repetitive?
- Are you using the correct posture when pushing/repetitive?
- Are you using the correct posture when pulling/repetitive?
- Are you using the correct posture when working in a confined space?
- Are you using the correct posture when using awkward postures?



Step 5

Are you using mechanical assistance?

- Are you using mechanical assistance when lifting/repetitive?
- Are you using mechanical assistance when carrying/repetitive?
- Are you using mechanical assistance when pushing/repetitive?
- Are you using mechanical assistance when pulling/repetitive?
- Are you using mechanical assistance when working in a confined space?
- Are you using mechanical assistance when using awkward postures?



Citation



Interview Questions For A Manual Handling Job

SJ Ball



Interview Questions For A Manual Handling Job:

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

In an electronic 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 actually remarkable. This extraordinary book, aptly titled "**Interview Questions For A Manual Handling Job**," written 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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