

# Manual handling assessment charts (the MAC tool)



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## Introduction

Work-related musculoskeletal disorders (MSDs), including manual handling injuries, are the most common type of occupational ill health in the UK. It is important to remember that:

- there is a lot you can do to prevent them;
- preventative measures are often simple and cost-effective;
- you cannot prevent all MSDs, but where they occur, early reporting of symptoms, proper treatment and suitable rehabilitation are essential.

The Manual Handling Assessment Charts (MAC) is a tool aimed at employers, health and safety managers and safety representatives and is used by health and safety inspectors. The tool will help individuals to assess the most common risk factors in lifting (and lowering), carrying and team handling operations and was developed to identify high-risk manual handling.

### What does the law say?

The Manual Handling Operations Regulations 1992 set out a clear hierarchy of measures for dealing with risk likely to cause harm from manual handling. These are:

- avoid hazardous manual handling operations so far as reasonably practicable;
- assess any manual handling operations that cannot be avoided;
- reduce the risk of injury to as low as reasonably practicable.

### Structure of the MAC

There are three types of assessment that can be carried out with the MAC:

- lifting operations (pages 3–6);
- carrying operations (pages 7–10);
- team handling operations (pages 11–13).

For each type of assessment there is an assessment guide and a flow chart. There is a score sheet (the 'MAC: Score sheet') to complete on page 14.

#### Note

The MAC is **not** appropriate for some manual handling operations, for example those that involve pushing and pulling. Its use does **not** comprise a full risk assessment (see *Manual handling* in 'Further reading'). Always consider individual and psychosocial issues when completing the 'MAC: Score sheet'. Also, the MAC is **not** designed to assess risks associated with workplace upper limb disorders (see *Upper limb disorders in the workplace* and *Assessment of Repetitive Tasks of the upper limbs (the ART tool)* in 'Further reading').

# Mac Manual Handling

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Laboratory (Great Britain)**

## Mac Manual Handling:

**Manual Handling Assessment Charts**, 2003 *Contemporary Ergonomics 2005* Philip D. Bust, 2023-04-21 The broad and developing scope of ergonomics the application of scientific knowledge to improve people's interaction with products systems and environments has been illustrated for over twenty years by the books that make up the Contemporary Ergonomics series Presenting the proceedings of the Ergonomics Society's annual conference the series embraces the wide range of topics Individual papers provide insight into current practice present new research findings and form an invaluable reference source The volumes provide a fast track for the publication of suitable papers from international contributors These are chosen on the basis of abstracts submitted to a selection panel in the autumn prior to the Ergonomics Society's annual conference held in the spring A wide range of topics are covered in these proceedings including applications of ergonomics air traffic control cognitive ergonomics defence design environmental ergonomics ergonomics4schools hospital ergonomics inclusive design methods and tools occupational health and safety slips trips falls and transport As well as being of interest to mainstream ergonomists and human factors specialists Contemporary Ergonomics will appeal to all those who are concerned with people's interactions with their working and leisure environment including designers manufacturing and production engineers health and safety specialists occupational applied and industrial psychologists and applied physiologists

*Contemporary Ergonomics 2003* Paul T. McCabe, 2002-06-01 The broad and developing scope of ergonomics the application of scientific knowledge to improve people's interaction with products systems and environments has been illustrated over the past 15 years by the books which make up the Contemporary Ergonomics series Presenting the proceedings of the Ergonomics Society's annual conference the series embraces the wide range of topics covered by ergonomics Individual papers provide insight into current practice present new research findings and form an invaluable reference source The volumes provide a fast track for the publication of suitable papers from international contributors These are chosen on the basis of abstracts submitted to a selection panel in the autumn prior to the Ergonomics Society's annual conference held in the spring

**Clay's Handbook of Environmental Health** Stephen Battersby, 2013-03 Clay's Handbook of Environmental Health since its first publication in 1933 has provided a definitive guide for the environmental health practitioner or reference for the consultant or student This twentieth edition continues as a first point of reference reviewing the core principles techniques and competencies and then outlining the specialist subjects It has been refocused on the current curriculum of the UK's Chartered Institute of Environmental Health but should also readily suit the generalist or specialist working outside the UK

[Safety Fables for Today](#) Laura J Cahill, 2022-04-12 Putting a modern spin on some childhood stories Safety Fables for Today introduces Zac and the Beanstalk cautioning against dropped objects and falls from height a Perilous Porridge Pot overflowing with oats and useful insights on preventing loss of containment a Super Sized Swede presenting big manual handling challenges and updated versions of many other familiar tales too In embarking upon

this journey Laura J Cahill draws on the power of storytelling helped by a liberal sprinkling of fairy dust and the company of some fictional folk along the way providing fresh thought for those seeking to properly manage their activities and a gentle bedtime read for anyone else with a passing interest in the field of health and safety Needless to say there s more to these tales and their characters than first meets the eye not least because of the insights they offer to organisations seeking to control real world risks reinvigorate health and safety agendas and secure happy endings of their own Through understanding the messages conveyed by these fictional players and addressing these within their own workplace settings readers can play their part in ensuring that beyond simply living happily workers remain injury free enjoy good health and live safely ever after too

**Evaluation of Human Work** John R. Wilson,Sarah Sharples,2015-04-16 Written by experts with real world experience in applying ergonomics methodology in a range of contexts Evaluation of Human Work Fourth Edition explores ergonomics and human factors from a doing it perspective More than a cookbook of ergonomics methods the book encourages students to think about which methods they should apply when and why

**International Health and Safety at Work** Phil Hughes MBE,Phil Hughes,Ed Ferrett,2015-09-16 International Health and Safety at Work has been specially written in simple English for the thousands of students who complete the NEBOSH International General Certificate in Health and Safety each year Fully revised in alignment with the April 2015 syllabus this third edition provides students with all they need to tackle the course with confidence Clear easily accessible information is presented in full colour with discussion of essential principles such as ILO and OSH conventions as well as legal frameworks from a range of countries Aligned to the NEBOSH International General Certificate in Occupational Health and Safety Practice questions and answers to test knowledge and increase understanding Complete with a companion website containing extra resources for tutors and students at [www.routledge.com/cw/hughes](http://www.routledge.com/cw/hughes) The only textbook endorsed for the NEBOSH International General Certificate in Health and Safety International Health and Safety at Work remains the most effective tool for those working to fit international health and safety standards to local needs and practice

**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

**Reliability and Usability Evaluation of the Manual Handling Assessment Charts for Use by Non-regulatory Professionals** D. Lee,J. J. Ferreira,Health and Safety Laboratory (Great Britain),2004

**Landwards** ,2000 **Benchmarking of the Manual Handling Assessment Charts (MAC)** Andrew D. J. Pinder,Health and Safety Laboratory (Great Britain),2004 **International Conference** Royal Institution of Naval Architects,2005 **Manual Handling Assessment Charts** ,2003 **Benchmarking Manual Handling Assessment Charts (MAC)** Andrew D. J. Pinder,Health and Safety Laboratory (Great Britain),2002 [Cassier's Industrial Management and Mechanical Handling](#) ,1919 [Master VISUALLY Mac OS X Tiger](#) Daniel Drew Turner,2005-07-08 An essential resource

for visual learners approximately forty percent of the population who want an intermediate to advanced reference on the new Panther version of Mac OS X Helps the nine million Mac OS X users navigate changes to the interface harness the latest utilities and bundled applications customize their Mac make the most of Mac multimedia iTunes iPhoto iDVD iMovie work on a remote or local network and troubleshoot problems Offers hundreds of step by step screenshots to provide readers with ultimate topic coverage An ideal reference for aspiring power users who are looking for a visual reference that lets them read less and learn more

**Aviation Week & Space Technology** ,1967-10 Includes a mid December issue called Buyer guide edition

Manual Handling Assessment Chart (Pack X 10) Health and Safety Executive (Hse),Health and Safety Executive Staff,2003-01 A leaflet that presents the Manual Assessment Handling Charts MAC It helps employers and safety representatives in carrying out a manual risk assessment

**Health and Safety Commission Annual Report and the Health and Safety Commission/Executive Accounts** Great Britain. Health and Safety Commission,2004 *Modern Materials Handling* ,1961

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