

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 risk assessment
- It links with the legal requirements

Guidance weights are available



Assessing and reducing manual handling risks

The risk of workplace injury from the activities listed in the HSE guidance is assessed according to the:

1. The lifting frequency
2. The maximum quantity of items moved
3. The weight
4. The working environment (e.g. wet or uneven flooring, poor lighting etc)

With the Manual Handling assessment tool, you can also take into account:

Good Hand Habits



Team Lifts



Reduce Frequency



Mechanical Assistance



Step 1

Identify the activities

- What is the task or activity?
- How often is it being repeated?
- How long does it last?
- How many items are lifted or moved?
- How heavy are they?



Step 2

Identify the risks and control the problem

- How heavy is the load?
- How high is the lift or store?
- How long is it?

Step 3

Identify the risks

- How often is it being repeated?
- How long does it last?
- How many items are lifted or moved?



Step 4

Identify the controls

- Will you use the correct technique for the task?
- Will you use the correct equipment for the task?
- How often is it being repeated?
- How long does it last?
- How many items are lifted or moved?
- How heavy are they?

Step 5

Review the risks and the controls

- How often is it being repeated?
- How long does it last?
- How many items are lifted or moved?
- How heavy are they?



Citation



Manual Handling Risk Guide

Lei Shi



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