

# Manual Handling Are you managing the risks?

## Overview and legal duties

Manual handling covers any activity of pushing, pulling, carrying or holding.

### The Regulations require employers to...

- Assess the need for manual handling
- Assess the risk of injury from hazardous manual handling activities that cannot be avoided
- Reduce the risk of injury from hazardous manual handling activities

### Manual Handling risk assessment

- To be carried out by an competent person with knowledge with the legal requirements

### Guidance weights are available



## Assessing and reducing manual handling risks

This can be achieved by looking at the activities and the '5R' approach to the assessment and reduction steps.

- The Risk is recognised
- The Risks are quantified and ranked
- The risk is reduced
- The working conditions are improved where manual handling is necessary

**NOTE:** These Manual Handling assessment tools such as the '5R' Test are not to be used:

### Good Hand Holds



### Team Lifts



### Roller Conveyors



### Mechanical Assistance



### Step 1

Step 1: Risk assessment

- Is the risk level identified?
- Do you report the equipment?
- Do you report the situation?
- Do you report the person involved?
- Do you report the?



### Step 2

Step 2: Adopt a stable and comfortable posture

- Keep your feet apart
- Keep your feet close to the object
- Breathe easily



### Step 3

Step 3: Lift a grip

- Don't hold the object too high
- Don't hold the object too low
- According to your height and size



### Step 4

Step 4: Adopt a good posture

- Sit or stand with your feet apart and close to the object
- Keep your feet close to the object
- Don't hold the object too high or too low
- Don't hold the object too far from your feet



### Step 5

Step 5: Push down the load and then adjust it

- Don't push or pull the load too far or too high
- Don't push or pull the load too far from your feet
- Don't push or pull the load too far from your feet
- Don't push or pull the load too far from your feet



# Manual Handling In Care Handouts

**Daniela Niemeyer**



## **Manual Handling In Care Handouts:**

The book delves into Manual Handling In Care Handouts. Manual Handling In Care Handouts is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Manual Handling In Care Handouts, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Manual Handling In Care Handouts
- Chapter 2: Essential Elements of Manual Handling In Care Handouts
- Chapter 3: Manual Handling In Care Handouts in Everyday Life
- Chapter 4: Manual Handling In Care Handouts in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Manual Handling In Care Handouts. The first chapter will explore what Manual Handling In Care Handouts is, why Manual Handling In Care Handouts is vital, and how to effectively learn about Manual Handling In Care Handouts.

3. In chapter 2, the author will delve into the foundational concepts of Manual Handling In Care Handouts. The second chapter will elucidate the essential principles that must be understood to grasp Manual Handling In Care Handouts in its entirety.

4. In chapter 3, this book will examine the practical applications of Manual Handling In Care Handouts in daily life. This chapter will showcase real-world examples of how Manual Handling In Care Handouts can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Manual Handling In Care Handouts in specific contexts. This chapter will explore how Manual Handling In Care Handouts is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Manual Handling In Care Handouts. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Manual Handling In Care Handouts.

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