

# Manual Handling Are you managing the risks?

## Overview and Legal Duties

Manual handling covers one third of all workplace injuries.

### 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 the employer's responsibility to assess the risks of injury from manual handling

### Guidance weights are available



## Assessing and reducing manual handling risks

The risk is reduced by working from the 'golden zone' for the assessed duration of lift.

- An 18kg maximum lift
- The maximum quantity of lifts per hour
- No twisting
- No working postures that would be considered to be high risk

With these manual handling assessment rules, you can reduce the risk of injury.

### Good Hand Habits



### Team Lifts



### Reduce Compensations



### Mechanical Assistance



### Step 1

Identify the risks

- What is the task or activity?
- Are you carrying anything?
- Are you twisting?
- Are you lifting or lowering anything?



### Step 2

Identify the risks and control measures

- How often is it done?
- Are you lifting or lowering anything?
- Are you twisting?



### Step 3

Control the risks

- How often is it done?
- Are you lifting or lowering anything?
- Are you twisting?



### Step 4

Reduce the risks

- Are you lifting or lowering anything?
- Are you twisting?
- Are you lifting or lowering anything?
- Are you twisting?
- Are you lifting or lowering anything?



### Step 5

Review the risks and control measures

- Are you lifting or lowering anything?
- Are you twisting?
- Are you lifting or lowering anything?



Citation



# Manual Handling For Nurses Vic

**N Colangelo**

A decorative graphic element consisting of a horizontal light blue bar with a rounded right end, and a red circular glow behind it.

## **Manual Handling For Nurses Vic:**

## The Enigmatic Realm of **Manual Handling For Nurses Vic**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Manual Handling For Nurses Vic** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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