

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 below is assessed in terms of:

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 assess:

Good Hand Habits



Team Lifts



Safe Stairways



Mechanical Assistance



Step 1

Identify the activities

- What is the activity?
- How often is it done?
- How long does it take?
- How heavy is the load?
- How often is it done?



Step 2

Identify the risks and control measures

- How heavy is the load?
- How often is it done?
- How long does it take?

Step 3

Control measures

- How heavy is the load?
- How often is it done?
- How long does it take?



Step 4

Control measures

- How heavy is the load?
- How often is it done?
- How long does it take?
- How often is it done?
- How long does it take?

Step 5

Control measures

- How heavy is the load?
- How often is it done?
- How long does it take?
- How often is it done?
- How long does it take?



Citation



Manual Handling Guide For Employers

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web streckenlänge im berchtesgadener land ca 40 km route von rosenheim führt der radweg durch den chiemgau über teisendorf und piding in die alpenstadt bad reichenhall bis zur alten saline von hier aus geht es weiter bis nach berchtesgaden zum salzbergwerk wo man sich auf eine 1 5 stündige führung untermtage begeben kann

radtouren im chiemgau chiemsee chiemgau info - Apr 03 2023

web radtouren genieße die radreiseregion unter weiß blauem himmel radeln und dabei bayern entdecken das geht am besten im chiemgau einer vom allgemeinen deutschen fahrradclub adfc prämierten radreiseregion 20 ausgeschilderte thementouren führen zum chiemsee zu naturdenkmälern bauernhöfen museen und durch wälder