



MANUAL HANDLING AT WORK

Lifting and lowering risk filter

The Manual Handling Regulations do not set specific weight limits. These guidelines are not safe limits, but can be used to identify low-risk tasks.

Men



10kg	5kg
20kg	10kg
25kg	15kg
20kg	10kg
10kg	5kg

Shoulder height

Elbow height

Knuckle height

Mid lower leg height

Women



Shoulder height

Elbow height

Knuckle height

Mid lower leg height

3kg	7kg
7kg	13kg
10kg	16kg
7kg	13kg
3kg	7kg

Figures assume that the load is easily grasped with both hands in reasonable working conditions with the worker in a stable body position.

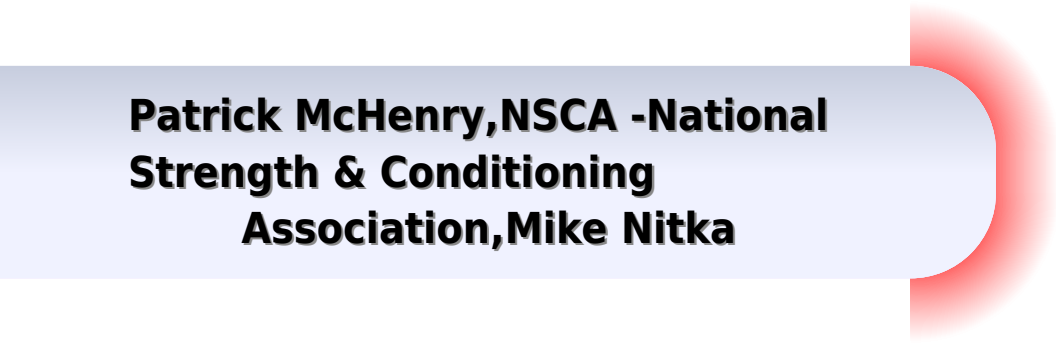
MANUAL HANDLING TRAINING

Ensure duty holders, managers and employees are aware of risks and impact of manual handling tasks with our Manual Handling awareness course to support compliance with The Health and Safety At Work etc Act 1974 and other key legislation.



The Manual Of Weight Training

**Patrick McHenry, NSCA -National
Strength & Conditioning
Association, Mike Nitka**



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