

# Manual Handling Are you managing the risks?

## Overview and Legal Duties

Manual handling covers any kind of physical work.

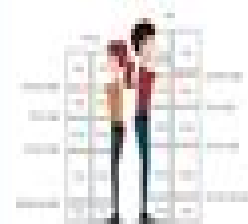
### The Regulations require employers to...

- Avoid the need for 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 recommended a competent person who is familiar with the legal requirements

### Guidance weights are available



## Assessing and reducing manual handling risks

The risk is determined by handling from the activities that the '5R' process for Assessment is concerned with, such as:

- The lifting or lowering
- The horizontal carrying of heavy loads
- The pushing
- The walking (disturbance) to avoid the use of handling or to be carried out

With the Manual Handling assessment tool such as the '5R' tool can also be used

### Good Manual Handling



### Good Lifting



### Good Carrying



### Mechanical Assistance



## Step 1

Identify the task and assess

- What is the task and why is it needed?
- How often is the task repeated?
- How long does the task take to complete?
- How often is the task repeated?



## Step 2

Identify a suitable and comfortable posture

- How often is the task repeated?
- How long does the task take to complete?
- How often is the task repeated?



## Step 3

Identify the risk

- How often is the task repeated?
- How long does the task take to complete?
- How often is the task repeated?



## Step 4

Identify a good posture

- How often is the task repeated?
- How long does the task take to complete?
- How often is the task repeated?



## Step 5

How often is the task repeated?

- How often is the task repeated?
- How long does the task take to complete?
- How often is the task repeated?



# The Mabage Manual

**JS Bruner**



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