

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 in the assessment is determined by:

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 be told:

Good Handling



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the activities

- What is the activity?
- How often is it being repeated?
- How long is it being repeated for?
- How many items are lifted or moved?
- How heavy are they?



Step 2

Identify the risks and control the problem

- How heavy is the load?
- How high is the load from the floor?
- How long is it?



Step 3

Identify the risks

- How heavy is the load?
- How high is the load from the floor?
- How long is it?



Step 4

Identify the risks

- How heavy is the load?
- How high is the load from the floor?
- How long is it?
- How many items are lifted or moved?
- How heavy are they?
- How long is it?

Step 5

How many items are lifted or moved?

- How many items are lifted or moved?
- How heavy are they?
- How long is it?



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Table of Contents Video Manual

1. Understanding the eBook Video Manual
 - The Rise of Digital Reading Video Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Video Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Video Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Video Manual
 - Personalized Recommendations
 - Video Manual User Reviews and Ratings
 - Video Manual and Bestseller Lists

5. Accessing Video Manual Free and Paid eBooks
 - Video Manual Public Domain eBooks
 - Video Manual eBook Subscription Services
 - Video Manual Budget-Friendly Options
6. Navigating Video Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Video Manual Compatibility with Devices
 - Video Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Video Manual
 - Highlighting and Note-Taking Video Manual
 - Interactive Elements Video Manual
8. Staying Engaged with Video Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Video Manual
9. Balancing eBooks and Physical Books Video Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Video Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Video Manual
 - Setting Reading Goals Video Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Video Manual
 - Fact-Checking eBook Content of Video Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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