

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 component of any risk assessment
- It is a legal requirement

Guidance weights are available



Assessing and reducing manual handling risks

The risk of workplace injury from the activities listed below is increased if you are not following the 5 steps:

1. Are lifting/repetitive?
2. Are repetitive activities of the same nature?
3. Are you tired?
4. Are you working in a confined space or using a lift or other device?

With the Manual Handling assessment tool, you can check for any of these.

Good Manual Handling



Good Lifting



Good Posture



Mechanical Assistance



Step 1

Identify the activities

- Are you lifting/repetitive?
- Are you repetitive activities of the same nature?
- Are you tired?
- Are you working in a confined space or using a lift or other device?



Step 2

Identify a method and work posture

- Are you lifting/repetitive?
- Are you repetitive activities of the same nature?
- Are you tired?



Step 3

Identify the risk

- Are you lifting/repetitive?
- Are you repetitive activities of the same nature?
- Are you tired?



Step 4

Identify a guide weight

- Are you lifting/repetitive?
- Are you repetitive activities of the same nature?
- Are you tired?
- Are you working in a confined space or using a lift or other device?
- Are you lifting/repetitive?



Step 5

Reduce the risk of injury

- Are you lifting/repetitive?
- Are you repetitive activities of the same nature?
- Are you tired?



Citation



Video Manual

United States. War Department



Video Manual:

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