

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 employer's legal duty to assess the risks of injury from manual handling

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 workable posture

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



Step 3

Use a lift

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



Step 4

Identify a good posture

- 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

Are you lifting/repetitive?

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



Citation



Video Manual

RM Cervero



Video Manual:

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