

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers most activities of employed persons.

The Regulations require employers to...

- Assess the need for manual handling
- Assess the risk of injury from hazardous manual handling activities that cannot be avoided
- Reduce the risk of injury from hazardous manual handling activities

Manual Handling risk assessment

- To be carried out by a competent person who is familiar with the legal requirements

Guidance weights are available



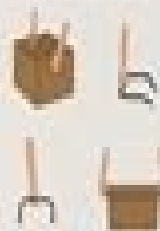
Assessing and reducing manual handling risks

Risks can be reduced by looking at the activities and the '5R's' approach for the assessment and reduction of risk.

- The Risk is to be assessed
- The frequency, quantity of those involved
- The weight lifted
- The working (SWA/REBA) to what the manual handling is or is not carried out

NOTE: Other Manual Handling assessment tools such as the 'NIOSH' Test can also be used.

Good Hand Habits



Team Lifts



Roller Conveyors



Mechanical Assistance



Step 1

Stop, Think and plan

- Why does this need to be done?
- Do you require any equipment?
- Can the task be avoided?
- Can HSE or someone you consider
- Do you need help?



Step 2

Adopt a stable and coordinated posture

- Hands close to the feet
- Keep the feet close together
- Feet close together



Step 3

Get a grip

- Feet close together and feet
- Feet close together and feet
- Feet close together and feet



Step 4

Adopt a good posture

- With your back, feet and knees straight, keep your feet close together and feet
- Feet close together and feet
- Feet close together and feet



Step 5

Put down the load and then adjust it

- When possible, use the feet to lift or push
- Feet close together and feet
- Feet close together and feet



Tool And Equipment Manual A3

Dan Petersen



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