

# Manual Handling Are you managing the risks?

## Overview and Legal Duties

Manual handling covers a range of activities, e.g.,

### The Regulations require employers to...

- Assess the need for manual handling
- Keep the risk of injury from manual handling under control
- Provide training that is specific to manual handling
- Supply the sort of help that is needed to control manual handling risks

### Manual Handling risk assessment

- Is being carried out by an competent person who is familiar with the legal requirements

### Guidance weights are available



## Assessing and reducing manual handling risks

The risk can be reduced by looking down the hierarchy for risk control measures, e.g.,

- The task is assessed for:
  - The physical capacity of those involved
  - The load itself
- The working environment in which the manual handling is to be carried out

With these manual handling assessments, e.g., the risk can be reduced.

### Good Hand Holds



### Team Lifts



### Roller Conveyors



### Mechanical Assistance



## Step 1 Identify and plan

- Is the task safe to undertake?
- Are you managing the risk?
- Has the task been agreed?
- Are there any other risks or concerns?
- Are you competent?



## Step 2 Assess the task and consider the person

- Consider the person
- The equipment used by the person
- Person's ability

## Step 3 Plan and act

- Plan the task to reduce the risk
- Plan how to take account of the person
- Plan lifting to and from work areas



## Step 4 Follow a good practice

- With regard to the manual handling task, use the following good by using assistance to the task:
- Use mechanical and physical by using equipment or devices
- Use other help or other methods, for example the task could be shared.

## Step 5 Review the task and take action

- When possible, review the task of work, highlight this to take the necessary action
- Review training for lifting or working



# Tool And Equipment Manual A3

**Dan Petersen**

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