

# Manual Handling Are you managing the risks?

## Overview and Legal Duties

Manual handling covers any kind of physical work.

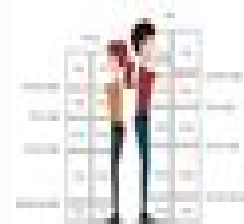
### The Regulations require employers to...

- Avoid the need for 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 task a competent person who is familiar with the legal requirements

### Guidance weights are available



## Assessing and reducing manual handling risks

The risk is determined by handling from the categories for 'MSD' potential for the assessed work situation or task.

- Are lifting or lowering?
- Are repetitive regularly or often repeated?
- Are pushed or pulled?
- Are working postures that a good one and handling is not so good one?

With the Manual Handling assessment tool with a 100% tool can also be used

### Good Manual Handling



### Good Lifting



### Reduce the frequency



### Mechanical Assistance



### Step 1

What? How? and when?

- What is the task to be performed?
- How is the task being performed?
- How often is the task performed?
- What is the time for each task and when is the task performed?



### Step 2

What is the nature and complexity of the task?

- How complex is the task?
- How long is the task to be performed?
- How often is the task performed?



### Step 3

How? and when?

- How often is the task performed?
- How long is the task to be performed?
- How often is the task performed?



### Step 4

What is the quality of the task?

- How long is the task to be performed?
- How long is the task to be performed?
- How long is the task to be performed?
- How long is the task to be performed?



### Step 5

How often is the task performed?

- How often is the task performed?
- How long is the task to be performed?
- How often is the task performed?



# Manual Handling Quiz

**DJ Losen**



## **Manual Handeling Quiz:**

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