

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 part of a complete risk assessment
- It links with the legal requirements

Guidance weights are available



Assessing and reducing manual handling risks

The risk of workplace injury from the activities listed in the assessment is determined by:

1. The lifting frequency
2. The repetitive quality of the movement
3. The weight
4. The working environment (e.g. wet or uneven flooring, poor lighting etc)

With the Manual Handling assessment tool, you can also be told:

Good Hand Habits



Good Lifting



Good Carrying



Mechanical Assistance



Step 1

Identify the activities

- What is the task or activity?
- How often is it being repeated?
- How long does it last?
- How often does it occur in the day?
- How often does it occur in the week?



Step 2

Identify the risks and control the problem

- How heavy is the load?
- How high is the load from the ground?
- How long is the lift?



Step 3

Identify the risks

- How often is the task being repeated?
- How long does the task last?
- How often does it occur in the day?



Step 4

Identify the controls

- How can you reduce the weight of the load?
- How can you reduce the height of the load from the ground?
- How can you reduce the length of the lift?
- How can you reduce the frequency of the task?

Step 5

How can you reduce the risk of injury?

- How can you reduce the weight of the load?
- How can you reduce the height of the load from the ground?
- How can you reduce the length of the lift?
- How can you reduce the frequency of the task?



Citation



Video Manual

N Noddings



Video Manual:

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1. Understanding the eBook Video Manual
 - The Rise of Digital Reading Video Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Video Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Video Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Video Manual
 - Personalized Recommendations
 - Video Manual User Reviews and Ratings
 - Video Manual and Bestseller Lists
5. Accessing Video Manual Free and Paid eBooks

- Video Manual Public Domain eBooks
 - Video Manual eBook Subscription Services
 - Video Manual Budget-Friendly Options
6. Navigating Video Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Video Manual Compatibility with Devices
 - Video Manual Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Video Manual
 - Highlighting and Note-Taking Video Manual
 - Interactive Elements Video Manual
 8. Staying Engaged with Video Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Video Manual
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 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Video Manual
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 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
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 - Setting Reading Goals Video Manual
 - Carving Out Dedicated Reading Time
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 - Fact-Checking eBook Content of Video Manual
 - Distinguishing Credible Sources
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 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
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