

Manual Handling Are you managing the risks?

Overview and legal duties

Manual handling covers a wide range of activities in many areas.

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

- This is carried out by an competent person with a training 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 to the assessment and reduction steps.

- The Risk is recognised
- The Risks are quantified and ranked
- The risk is reduced
- The working conditions are improved where manual handling activities are unavoidable

NOTE: These Manual Handling assessment tools such as the '5R's' Test are not to be used:

Good Hand Holds



Team Lifts



Roller Conveyors



Mechanical Assistance



Step 1

Step 1: Test and plan

- Is the work necessary?
- Do we need this equipment?
- Can we do this differently?
- Can we do it more safely or avoid it?
- Can we avoid it?



Step 2

Step 2: Adopt a stable and comfortable posture

- Keep the feet well apart
- Keep the right hand close to the object
- Breathe easily



Step 3

Step 3: Lift or grip

- Don't twist, stoop or pull
- Don't use the arms to pull your load
- Avoid twisting your torso and arms



Step 4

Step 4: Adopt a good posture

- Sit or kneel down. Use your knees to lift and keep them straight over the legs and close to the feet
- Keep the shoulders and hips in the same vertical line
- Don't overreach or add twisting, or strain at the end of a reach or lift



Step 5

Step 5: Push down the load and then adjust it

- Push or pull with the feet, not the back
- Don't twist the back or leaning
- Don't overreach or pull at the end of a reach



Tool And Equipment Manual A3

KJ Lindholm-Leary



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