

Manual Handling Are you managing the risks?

Overview and Legal Duties

Manual handling covers any kind of physical work.

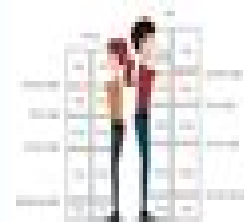
The Regulations require employers to...

- 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 activities that the '50' percent of the population can undertake on a job.

- The lifting frequency
- The horizontal capacity of those involved
- The control used
- The working environment (e.g. wind, ice, wet, slippery, uneven ground)

With the Manual Handling assessment tool, you can also be used

Good Manual Handling



Good Lifting



Reduce the frequency



Mechanical Assistance



Step 1

Identify the task and assess

- What is the task and why is it needed?
- How often is the task repeated?
- What is the time for each task and why is it needed?



Step 2

Identify a suitable and comfortable posture

- How often is the task repeated?
- How long is the task repeated for?
- How long is the task repeated for?



Step 3

Identify the risk

- How often is the task repeated?
- How long is the task repeated for?
- How long is the task repeated for?



Step 4

Identify a good posture

- How often is the task repeated?
- How long is the task repeated for?
- How long is the task repeated for?



Step 5

How often is the task repeated?

- How often is the task repeated?
- How long is the task repeated for?
- How long is the task repeated for?



Case Study Manual Handling

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Case Study Manual Handling:

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Management, Reuse and Recycle Michele Laraia, 2023-07-20 Approx 458 pages Approx 458 pages **An Assessment of Manual Handling Hazards at a Mechanical Workshop. A Case Study of National Railways of Zimbabwe, Bulawayo**

Charles Mutshakambi, 2019-12-19 Diploma Thesis from the year 2019 in the subject Engineering Safety Engineering course Occupational Safety Health and Environmental Management language English abstract This study assessed the manual handling hazards at the NRZ mechanical workshop in Bulawayo The objectives of the research were the identification of MH hazards determine the level of awareness of workers on manual handling issues and assessment of the control measures put in place at the organisation to deal with manual handling issues The researcher adopted a case study research design while incorporating both qualitative and quantitative approaches Five workshops were only selected namely Wagon Fitting Machine Foundry and Carriage resulting in a sample of 153 questionnaire respondents which were distributed in a randomly Key informants who were interviewed was the SHE practitioner nurse in charge and workshop foremen More data was also gathered from relevant secondary data sources as well as from field observations The Statistical Package for Social Sciences SPSS was used to analyse data and specifically using the Chi Square test to establish correlations The result indicated that the majority of the respondents are not aware of manual handling as revealed by the 73% of the respondents who indicated that they are not aware of manual handling A number of manual handling hazards were identified which comprise of awkward postures repetitive movements and vibration exposure which result in a number of injuries which are known as musculoskeletal disorders which encompass cuts muscle strain sprains chronic pain and minor injuries The research also noted that the measures which are put in place by management in dealing with manual handling are not effective as they lack strategic action thereby limiting the success of the measures It was finally concluded that there is need to consider ergonomic interventions in the day to day operations of the company in order to reduce work related risk factors and injuries which come as a result of manual handling Recommendations were also forwarded to the nation and company on how to address manual handling issues **Cases on AI Innovations in Occupational Health and Safety** Chadyiwa,

Martha, Oladimeji, Olanrewaju, 2025-06-06 Hazards are a significant concern to businesses including handling heavy or biomedical materials and machine operation Innovations in occupational health and safety may prevent injuries and accidents and increase the physical health of the employees Artificial intelligence AI tools may increase workplace safety by offering real time monitoring technologies and safety hazard prediction Consequently costs associated with incidents may be decreased and working conditions may improve enhancing the well being of employees Cases on AI Innovations in Occupational Health and Safety explores applications of intelligent technology in the field of occupational health and safety It

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Nuclear Decommissioning Case Studies Michele Laraia, 2021-06-24 Nuclear Decommissioning Case Studies Policies Strategies Planning and Knowledge Management focuses on policy strategy planning and knowledge management in nuclear decommissioning offering readers guidance on events that occur in early stages of the lifecycle The book helps readers plan in advance to avoid and reduce schedule delays and cost overruns to ensure a smooth safe and successful decommissioning Events covered in this book range from top level conception to strategy selection the drafting of procedures and the sharing of best practices Alongside the other case study books in this series readers will obtain an understanding of various key points and lessons learned Decommissioning experts including regulators operators waste managers researchers and academics will find this book to be suitable supplementary material to Michele Laraia s reference works on the theory and applications of nuclear decommissioning Presents a selection of global case studies that focus on the early stages of nuclear decommissioning Highlights the need to ensure sustainability plans are in place at the beginning of a nuclear project Informs decision makers on selecting the best options Assists the reader in setting clear plans and strategies to avoid schedule delays and cost overruns

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Handbook of Construction Safety, Health and Well-being in the Industry 4.0 Era Patrick Manu, Gao Shang, Paulo Jorge Silva Bartolo, Valerie Francis, Anil Sawhney, 2023-05-12 This Handbook seeks to examine and advance current understanding of the confluence of construction health safety and well being and the broad range of Industry 4.0 technologies in use in the architecture engineering and construction AEC industry Globally the construction sector accounts for more than 100 000 occupational fatalities annually In many countries reports of work related accidents injuries and illnesses are commonplace and there is an urgent need to improve the occupational safety and health OSH outlook of the construction sector The fourth industrial revolution presents opportunities to leverage modern technologies e.g. big data artificial intelligence automation sensors AR VR and robotics to improve the poor OSH performance of the construction industry However embracing such technologies could also induce unintended adverse consequences for the safety health and well being of construction workers Therefore the realisation of the opportunities as well as the mitigation of potentially adverse consequences requires research informed holistic insights around the union of Industry 4.0 and construction occupational safety and health management This cutting edge volume addresses a significant gap in literature by bringing together experienced academics and researchers to highlight the drivers opportunities and drawbacks of the merging of Industry 4.0 with construction health safety and well being After a detailed introductory section which highlights key issues and challenges section one covers the application of a broad range of digital technologies then section two discusses the application of industrial production and cyber physical systems in the context of construction safety and health management Readers from a broad range of AEC backgrounds as well as safety professionals and technologists will come to understand how the technologies are applied and the resulting OSH benefits as well as potential drawbacks

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