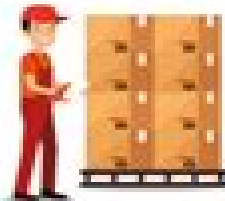


CARRYING OUT A MANUAL HANDLING RISK ASSESSMENT

1 IDENTIFY THE TASKS

Identify all manual handling tasks that employees perform. This involves observing the workplace and consulting with staff to understand their daily activities.

Common tasks might include lifting, carrying, pushing, pulling, and moving loads.



2 IDENTIFY THE HAZARDS

Determine the potential hazards associated with each task. Consider factors such as:

- A. Load
- B. Task
- C. Environment
- D. Individual



3 ASSESS THE RISKS

Evaluate the risks posed by the identified hazards. This involves considering the likelihood and severity of potential injuries. Use a risk matrix to rate the level of risk, ranging from low to high.



5 RECORD THE FINDINGS

Document the risk assessment findings, including the hazards identified, the risks assessed, and the control measures implemented. This helps in maintaining a record for future reference and compliance with legal requirements.



4 IMPLEMENT CONTROL MEASURES

Introduce control measures to reduce or eliminate the risks. Control measures can include:

- A. Engineering Controls
- B. Administrative Controls
- C. Personal Protective Equipment (PPE)



6 REVIEW AND UPDATE

Regularly review and update the risk assessment. This should be done periodically or whenever there are significant changes in the workplace, such as new equipment, processes, or personnel. Ensure that control measures remain effective and relevant.



General Manual Handling Risk Assessment

William Steven Marras



General Manual Handling Risk Assessment:

Manual Handling in Health and Social Care Michael Mandelstam, 2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety [Risk Assessment](#) Georgi Popov, Bruce K. Lyon, Bruce D. Hollcroft, 2016-06-27 Covers the fundamentals of risk assessment and emphasizes taking a practical approach in the application of the techniques Written as a primer for students and employed safety professionals covering the fundamentals of risk assessment and emphasizing a practical approach in the application of the techniques Each chapter is developed as a stand alone essay making it easier to cover a subject Includes interactive exercises links videos and downloadable risk assessment tools Addresses criteria prescribed by the Accreditation Board for Engineering and Technology ABET for safety programs **The Ergonomics Kit for General Industry** Dan MacLeod, 2006-02-27 Written by Dan MacLeod one of the most experienced practitioners in the field The Ergonomics Kit for General Industry Second Edition contains everything you need to set up or improve your workplace ergonomics process MacLeod describes the financial benefits of workplace ergonomics and ways to think about these tools that make good business sense

Introduction to Health and Safety at Work Phil Hughes, Ed Ferrett, 2011 This edition has been produced in order to update the health and safety legislation with particular regard to changes relating to fire construction CDM asbestos vibration noise hazardous waste and the environment **Occupational Health** , 2001 **The Ergonomics of Manual Work** William Steven Marras, 1993

Introduction to Health and Safety in Construction Phil Hughes, Ed Ferrett, 2005 Fully covers the syllabus for the NEBOSH National Examination Board in Occupational Safety and Health United Kingdom Deals with the majority of construction activities as well as the key health and safety areas identified by the HSE Includes a summary of the main legislation ideal as a reference for students as well as managers in the construction industry cover **Safety and Health at Work, ILO-CIS**

Bulletin , 2003 **Report of Annual Trades Union Congress** Trades Union Congress, 1995 [Safety and Health at Work](#) , 2000 [Halsbury's Laws of England](#) , 1973 [Ergonomics - Manual Handling](#) International Organization for

Standardization, 2007 *Health and Safety in Construction Design* Brian Thorpe, 2005 Statistics suggest that in the majority of major accidents across a range of industries the root causes can be traced back before anybody actually started work These include effective research development specification and planning In construction much of the time at the beginning of any project is usually involved with design which makes the designer's role one of the most influential health and safety roles in the whole process Health and Safety in Construction Design is a highly practical guide to help any designer understand the implications of health and safety legislation for their role in a project Brian Thorpe also offers a realistic plan to help adopt a health and safety culture in the design process This means using the people experience and information to assess and eliminate risk and where this is not possible to reduce and communicate risk in such a way that contractors sub contractors

site visitors even the people using the finished building are able to avoid accidents *Priorities and Strategies in Occupational Safety and Health Policy in the Member States of the European Union* European Agency for Safety and Health at Work,1999 *Tolley's Practical Risk Assessment Handbook* Mike Bateman,2006 Risk assessment has become the backbone of Health and Safety management in the UK and elsewhere Employers have a legal duty to prove that risk assessments have been carried out and precautions have been implemented Mike Bateman demystifies the risk assessment process and how it relates to UK legislation Previous ed Croydon LexisNexis 2003 **General Council Report** Trades Union Congress,2002 *Communicable Disease and Public Health* ,2000 **Laboratory Practice** ,1992 **The Foundryman** ,1995 Nursing Times, Nursing Mirror ,2007

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