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## 64A - RILEY GREYSON

This leaflet is aimed at managers in SMEs. It explains the problems associated with manual handling and gives guidance on how to deal with them. The leaflet gives useful practical advice on reducing the risk of injury from manual handling. It will help employers to implement their duties under the Manual Handling Operations Regulations 1992.

Manual handling guidelines First, try to eliminate or avoid hazardous manual handling tasks in your workplace where possible. If you can't avoid manual handling, do a full manual handling risk assessment of the task and take steps to avoid injury or damage, such as: Plan the lift and consider where you or your employee will be placing the load.

### Manual Handling - Health and Safety Authority Guidance on the Management of Manual Handling in the Workplace

A manual handling assessment is required when you cannot avoid a manual handling task and there is a risk of injury. It will help you in assessing the elements of the operation and assist in deciding suitable controls. The assessment looks at the task, individual, load and environment, easily remembered by the acronym TILE.

### Manual handling. Manual Handling Operations Regulations ...

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Employers must comply with the Manual Handling Operations Regulations 1992, as amended by the Health and Safety (Miscellaneous Amendments) Regulations 2002. The guidance explains how to avoid,...

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Tell your workers what their health and safety duties are. Have the right workplace facilities. Have toilets, washbasins and other welfare facilities workers need. Report accidents and illness. You...

The law around manual handling doesn't specify a maximum weight that can be lifted, but there are general guidelines that employers and staff should take into consideration. According to Workplace Safety Advice, it's recommended that men don't lift anything heavier than 25kg, and women shouldn't lift items that are heavier than 16kg.

### Controlling manual handling risks - Healthy Working Lives

Health and Safety Executive Manual handling at work: A brief guide Page 3 of 10 Ask your employees what they think the hazards are, as they may notice things that are not obvious to you and may have some good ideas on how to control

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### Manual Handling Operations Regulations: A Brief Guide

GUIDANCE ON THE MANAGEMENT OF MANUAL HANDLING IN THE WORKPLACE 1 Guidance on the Management of Manual Handling in the Workplace Published in June 2005 by the Health and Safety Authority, 10 Hogan Place, Dublin 2.

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To help prevent manual handling injuries in the workplace, you should avoid such tasks as far as possible. However, where it is not possible to avoid handling a load, employers must look at the...

Division of Occupational Safety and Health, California Department of Industrial Relations. Ergonomic Guidelines for Manual Material Handling was prepared for publication by the Cal/OSHA Consultation Service, Research and Education Unit, Division of Occupational Safety and Health, California Department of Industrial Relations.

There are specifically trained staff in health services who are employed as manual handling advisors. Manual Handling and other mandatory training modules are available at HSE Land

Hazardous manual handling is work which requires a person to use force to lift, lower, push, pull, carry, move, hold or restrain something. It's hazardous manual handling if it involves: repeated or sustained application of force

reduce the risk of injury from hazardous manual handling to as low as reasonably practicable The weight of a load is important, though the law does not set specific weight limits. In some cases,...

### HSE - Publications: Free Leaflets - Manual Handling

Failure to appropriately manage hazardous manual tasks may result in a breach of WHS laws. General guidance is available in the model Code of Practice: How to Manage Work Health and Safety Risks and specific advice can be found in the model Code of Practice: Hazardous Manual Tasks and Identify, assess and control hazards. Designing problems out

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Manual Handling - Frequently Asked Questions- Responses. What legislation covers manual handling? The Safety, Health and Welfare at Work, (General Applications) Regulations 2007, Chapter 4 of Part 2, outline the requirements that must be adhered to in relation to manual handling.

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use the HSE booklet Manual Handling at Work: a brief guide - it offers guidelines on the weights a reasonably fit individual should be capable of carrying. It should be used as guidance and not maximum weight limits; remember the assessment should consider more than just the weight of an object

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