

Download Hse Manual Handling Guide

Health and Safety Executive Manual handling at work A brief guide Introduction This leaflet describes what you, as an employer, may need to do to protect your employees from the risk of injury through manual handling tasks in the workplace. It will also be useful to employees and their representatives. 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 relates to the moving of items either by lifting, lowering, carrying, pushing or pulling. The weight of the item is an important factor, but many other factors can create a risk of injury, for example the number of times you have to pick up or carry an item, the distance you are ... Handling newspaper and magazine bundles; Reducing manual handling risks in carpet retail ; Assessment of repetitive tasks of the upper limbs (the ART tool) Are you making the best use of lifting and handling aids? Choosing a welding set; Conveyor belt workstation design; Manual handling at work: A brief guide; In the driving seat