

Is a full manual handling risk assessment required?

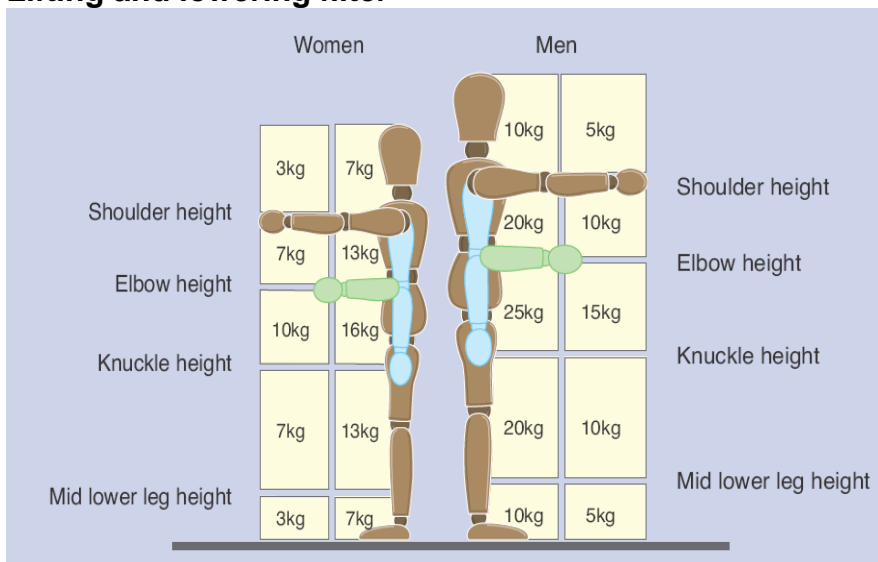
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This is a simple filter to help you distinguish low risk manual handling tasks from tasks which may need a full manual handling assessment.

All you need to do is observe your manual handling activity and decide whether it is within the filter values. If it is, your task is probably low risk and you do not need to carry out a full manual handling assessment. For the record, it is recommended that you record your findings on your general risk assessment.

If it is outside one or more filter values it is probably a high risk manual handling risk activity and you'll need to carry out a full risk assessment. This indicates that the task probably has several risk factors present that may cause ill health or harm and needs careful examination of the risks.

Lifting and lowering filter



Source: HSE

Figure 1

Compare your activity to figure 1. Decide which zones or zones the lifter's hands pass through when moving the load and the maximum weight being handled. If it is less than the value given and is in the matching zone, the activity is within the filter.

Use the smallest weight if the lifter's hands go through a number of zones.

The load is easy to grasp with both hands and has reasonable handholds.

The handler does not stoop, twist the torso or over reach upwards.

Carrying filter

The weights in figure 1 apply.

The load is held against the body. The handler does not stoop or twist the torso.

The load is no carried further than about 10m without resting.

The load does not prevent the person for walking normally or obstruct their view.

The load does not require the hand to hold below knuckle height or much above elbow height.

Where the load can be carried securely on the shoulder without first having to be lifted you can apply figure 1 values to carrying distance up to 20m.

Pushing and pulling filter (load can be slid, rolled or moved on wheels)

The load can be moved and controlled easily with only one hand.

The force to move the load is applied with hands.

Torso is largely upright and not twisted.

The hands are between hip and shoulder level.

The distance moves is no more than 20m.

Handling while seated filter

The filter values for handling operations carried out while seated are men 5kg and women 3kg. These values only apply when the hand are in front of the worker and not over reaching.

Workplace filter

There is enough space to carry out the activity without being restricted.

Floor surfaces are even, not slippery and stable.

There is little variation in floor levels or work surfaces. The handler can use lifts. Stairs and ramps are avoided.

Handling is carried out in reasonable temperatures and out of high winds.

Handling is carried out in adequate lighting or daylight.

Individual capabilities filter

The tasks do not create additional risk for pregnant workers, young worker, those new to the job, those with significant health problems or recent injury.