

Start from the top

Elimination

- Automate the process to remove manual handling

Workplace Layout

- Eliminate or reduce movements and postures that involve bending, twisting, extended reaching, pushing, pulling and carrying, prolonged holding and carrying

Workstation Design

- Eliminate or reduce awkward postures

Environmental Conditions

- Use adequate and appropriate lighting levels
- Maintain a tidy, obstacle free workplace

Systems of Work

- Job designs that optimise working positions and arrangements
- Managing the pace and flow of work
- Job rotation

Objects used in the Task

- Modify the load being handled
- Modify tools and equipment being used

Mechanical Aids

- Can mechanical aids be provided to assist

Training

- Information, training and instruction of employees in manual handling techniques must not be used as the sole or primary means to control the risk of injury.

Supervision

- Set the level of supervision in light of the risk and the skills of the persons carrying out the work

Manual Handling



You can't keep it up all day.



Work at a comfortable level.

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Manual Handling



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