Manual Handling Risk Controls

Elimination

 Reorganise layout of workplace to eliminate carrying, lifting or moving loads

Substitution

 Decrease the weight of the load by splitting it into smaller loads

Engineering Controls

 Use different work practices, lifting equipment or mechanical aids to reduce risk of injury

Administrative Controls

 Change work practices so staff are not overworked and provide training in Safe Lifting & Handling Techniques

PPE

 Provide Personal Protective Equipment like Gloves and Footwear

Long Term Effects Of Manual Handling

R Barnett

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