

Manual handling assessment charts (the MAC tool)



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Introduction

Work-related musculoskeletal disorders (MSDs), including manual handling injuries, are the most common type of occupational ill health in the UK. It is important to remember that:

- there is a lot you can do to prevent them;
- preventative measures are often simple and cost-effective;
- you cannot prevent all MSDs, but where they occur, early reporting of symptoms, proper treatment and suitable rehabilitation are essential.

The Manual Handling Assessment Charts (MAC) is a tool aimed at employers, health and safety managers and safety representatives and is used by health and safety inspectors. The tool will help individuals to assess the most common risk factors in lifting (and lowering), carrying and team handling operations and was developed to identify high-risk manual handling.

What does the law say?

The Manual Handling Operations Regulations 1992 set out a clear hierarchy of measures for dealing with risk likely to cause harm from manual handling. These are:

- avoid hazardous manual handling operations so far as reasonably practicable;
- assess any manual handling operations that cannot be avoided;
- reduce the risk of injury to as low as reasonably practicable.

Structure of the MAC

There are three types of assessment that can be carried out with the MAC:

- lifting operations (pages 3–6);
- carrying operations (pages 7–10);
- team handling operations (pages 11–13).

For each type of assessment there is an assessment guide and a flow chart. There is a score sheet (the 'MAC: Score sheet') to complete on page 14.

Note

The MAC is **not** appropriate for some manual handling operations, for example those that involve pushing and pulling. Its use does **not** comprise a full risk assessment (see *Manual handling* in 'Further reading'). Always consider individual and psychosocial issues when completing the 'MAC: Score sheet'. Also, the MAC is **not** designed to assess risks associated with workplace upper limb disorders (see *Upper limb disorders in the workplace and Assessment of Repetitive Tasks of the upper limbs (the ART tool)* in 'Further reading').

Mac Manual Handling Assessment

Phil Hughes, Ed Ferrett



Mac Manual Handling Assessment:

Manual Handling Assessment Charts, 2003 *Clay's Handbook of Environmental Health* Stephen Battersby, 2022-08-16

Since its first publication in 1933 Clay's Handbook of Environmental Health under its different names has provided a definitive guide for the environmental health practitioner EHP and an essential reference for the consultant and student. This 22nd edition continues with its more recent successful structure reviewing the core principles, techniques, competencies and skills required of an EHP and then outlining the specialist subjects without getting bogged down in a legalistic approach seeking to broaden the content for a more global audience. This new edition seeks to educate the EHP on the public health impacts of global heating and the climate emergency and also reflects the COVID 19 pandemic as might be expected. Although seeking to have global appeal the impact of the UK leaving the EU is also addressed. The book examines environmental health in different settings including in the military, working in both conflict and natural disaster settings and environmental health at sea and airports. In line with previous editions case studies are used to illustrate how EH problems have been resolved. This new edition includes guidance on key issues in public and environmental health including air pollution, contaminated land, housing and health, noise, water, food safety, pests and vector control, chemicals in the environment and radiation as well as sustainability and public health and humanitarian crises. This handbook aims to give a basic understanding of the philosophical basis of environmental health as well as the required technical aspects and an understanding of environmental health in different settings. All chapters have sections on further reading and sources of information. Clay's Handbook is essential reading for all practitioners, students and researchers in environmental and public health wherever they are working.

Benchmarking of the Manual Handling Assessment Charts (MAC) Andrew D. J. Pinder, Health and Safety Laboratory (Great Britain), 2004 **Evaluation of Human Work** John R. Wilson, Sarah Sharples, 2015-04-16

Written by experts with real world experience in applying ergonomics methodology in a range of contexts. Evaluation of Human Work Fourth Edition explores ergonomics and human factors from a doing it perspective. More than a cookbook of ergonomics methods, the book encourages students to think about which methods they should apply when and why.

Contemporary Ergonomics 2003 Paul T. McCabe, 2002-06-01

The broad and developing scope of ergonomics, the application of scientific knowledge to improve people's interaction with products, systems and environments has been illustrated over the past 15 years by the books which make up the Contemporary Ergonomics series. Presenting the proceedings of the Ergonomics Society's annual conference, the series embraces the wide range of topics covered by ergonomics. Individual papers provide insight into current practice, present new research findings and form an invaluable reference source. The volumes provide a fast track for the publication of suitable papers from international contributors. These are chosen on the basis of abstracts submitted to a selection panel in the autumn prior to the Ergonomics Society's annual conference held in the spring.

Contemporary Ergonomics 2005 Philip D. Bust, 2023-04-21

The broad and

developing scope of ergonomics the application of scientific knowledge to improve peoples interaction with products systems and environments has been illustrated for over twenty years by the books that make up the Contemporary Ergonomics series Presenting the proceedings of the Ergonomics Society s annual conference the series embraces the wide range of topics Individual papers provide insight into current practice present new research findings and form an invaluable reference source The volumes provide a fast track for the publication of suitable papers from international contributors These are chosen on the basis of abstracts submitted to a selection panel in the autumn prior to the Ergonomics Society s annual conference held in the spring A wide range of topics are covered in these proceedings including applications of ergonomics air traffic control cognitive ergonomics defence design environmental ergonomics ergonomics4schools hospital ergonomics inclusive design methods and tools occupational health and safety slips trips falls and transport As well as being of interest to mainstream ergonomists and human factors specialists Contemporary Ergonomics will appeal to all those who are concerned with people s interactions with their working and leisure environment including designers manufacturing and production engineers health and safety specialists occupational applied and industrial psychologists and applied physiologists

Health and Safety at Work For Dummies RRC,2016-03-21 Are you complying with health and safety regulations in the workplace Making mistakes in many areas of health and safety can be both incredibly dangerous and hugely costly So what can you do to avoid hazards and expensive time consuming legal battles That s where Health Safety at Work For Dummies comes in Cutting through the clutter it provides you with the practical must know information you need to ensure your workplace is a suitably safe environment that complies with government health and safety rules and regulations Did you know that in 2014 1 2 million working people suffered from work related illnesses 2 535 mesothelioma deaths occurred due to past asbestos exposure and 133 workers were killed on the job The list goes on and the statistics are staggering Health Safety at Work For Dummies shows you how to keep your employees safe from becoming another statistic in this frightening data Arming you with critical information needed to adhere to health and safety regulations it offers expert guidance on managing and implementing health and safety in your business controlling workplace risks going the extra mile in following orders and much more Offers an easy to follow overview for getting started with health and safety Provides tips and advice for planning your health and safety management Includes guidance on monitoring and reviewing your health and safety systems Clearly demonstrates how to organize and motivate your workforce to comply with rules and regulations You can t afford to run a business that doesn t provide a safe work environment Be smart safe and proactive with the help of this essential guide

Introduction to Health and Safety at Work Phil Hughes MBE,Ed Ferrett,2020-12-21 Introduction to Health and Safety at Work covers the fundamentals of occupational safety and closely follows the NEBOSH National General Certificate syllabus which was updated in 2019 and came into use in 2020 Highly illustrated and over 600 pages in length it covers all of the essential elements of health and safety management the legal framework risk assessment and control standards and also

includes checklists report forms and record sheets to supplement learning It also has an extensive summary of current health and safety legislation Aligned to the NEBOSH National General Certificate in Occupational Health and Safety Practice questions and answers to test knowledge and increase understanding In addition to helping students study for the NGC it is used for reference and revision on other Health and Safety qualifications at level 3 and above including the Nebosh Diploma It is also a source of reference and guidance for health and safety practitioners in the workplace *Introduction to Health and Safety at Work* Phil Hughes,Ed Ferrett,2015-08-27 Introduction to Health and Safety at Work covers the fundamentals of occupational safety and health for the thousands of students who complete the NEBOSH National General Certificate in Occupational Health and Safety each year Fully revised in alignment with the April 2015 syllabus this sixth edition provides students with all they need to tackle the course with confidence The highly illustrated content covers all of the essential elements of health and safety management the legal framework risk assessment and control standards and also includes checklists report forms and record sheets to supplement learning Aligned to the NEBOSH National General Certificate in Occupational Health and Safety Practice questions and answers to test knowledge and increase understanding Complete with a companion website containing extra resources for tutors and students at [www.routledge.com cw hughes](http://www.routledge.com/cw/hughes) Written by renowned authors the Introduction to Health and Safety at Work is also a handy reference for managers and directors dealing with the day to day issues of health and safety and is of great value to those studying for level 3 N SVQ and the NEBOSH National Diploma Introduction to International Health and Safety at Work Phil Hughes,Ed Ferrett,2010-08-24 This NEBOSH endorsed textbook will introduce you to the fundamentals of health and safety in the workplace whether studying for a course or in need of more information on the subject as part of your job Introduction to Health and Safety at Work is the definitive handbook to the National General Certificate in Occupational Health and Safety from NEBOSH with each element of the syllabus explained in detail and all relevant legislation summarized for quick reference To make studying easier each chapter starts with learning outcomes and ends with questions taken from recent NEBOSH examinations and a chapter of sample answers can be found at the end of the book This book is also of great value to those studying for other health and safety courses or as a handy reference for managers and directors dealing with day to day health and safety issues It covers all the essential elements of health and safety management the legal framework risk assessment and control standards and includes checklists report forms and record sheets In addition useful topics outside the syllabus have been included as well as a new chapter to cover other aspects of health and safety and related areas that many readers will find helpful on completion of their course including environmental considerations and international issues **Health and Safety in Logistics** Jerry Rudd,2020-09-10 Logistics is a complex industry that exposes employees to a whole variety of risks These include not only accidents on the road and deaths and injuries resulting from unsafe use of forklifts but also the consequences of poor fire safety long term health risks due to poor manual handling technique and problems relating to

mental health Many thousands of incidents are recorded every year This book examines each aspect of health and safety in turn with a focus on warehousing and transportation Health and Safety in Logistics informs managers about potential hazards found in the industry and explains in detail how they can make the workplace as safe as possible Safety Fables for Today Laura J Cahill,2022-04-12 Putting a modern spin on some childhood stories Safety Fables for Today introduces Zac and the Beanstalk cautioning against dropped objects and falls from height a Perilous Porridge Pot overflowing with oats and useful insights on preventing loss of containment a Super Sized Swede presenting big manual handling challenges and updated versions of many other familiar tales too In embarking upon this journey Laura J Cahill draws on the power of storytelling helped by a liberal sprinkling of fairy dust and the company of some fictional folk along the way providing fresh thought for those seeking to properly manage their activities and a gentle bedtime read for anyone else with a passing interest in the field of health and safety Needless to say there s more to these tales and their characters than first meets the eye not least because of the insights they offer to organisations seeking to control real world risks reinvigorate health and safety agendas and secure happy endings of their own Through understanding the messages conveyed by these fictional players and addressing these within their own workplace settings readers can play their part in ensuring that beyond simply living happily workers remain injury free enjoy good health and live safely ever after too **Contemporary Ergonomics and Human Factors 2012** Martin Anderson,2018-02-06 The broad and developing scope of ergonomics the application of scientific knowledge to improve people s interaction with products systems and environments has been illustrated for 25 years by the books which make up the Contemporary Ergonomics series This book presents the proceedings of the international conference on Ergonomics and Human F *Workplace Law Handbook 2011 - Health and Safety, Premises and Environment Handbook* ,2010 **Cases on AI Innovations in Occupational Health and Safety** Chadyiwa, Martha,Oladimeji, Olanrewaju,2025-06-06 Hazards are a significant concern to businesses including handling heavy or biomedical materials and machine operation Innovations in occupational health and safety may prevent injuries and accidents and increase the physical health of the employees Artificial intelligence AI tools may increase workplace safety by offering real time monitoring technologies and safety hazard prediction Consequently costs associated with incidents may be decreased and working conditions may improve enhancing the well being of employees Cases on AI Innovations in Occupational Health and Safety explores applications of intelligent technology in the field of occupational health and safety It provides real life examples on how risk management and hazard prevention have been reshaped by AI and machine learning technologies Covering topics such as bio risk management long short term memory LSTM and urban informal vendors this book is an excellent resource for safety policymakers technology innovators consultants safety practitioners business managers professionals researchers academicians and more **Questions and Answers for the Diploma in Occupational Medicine, revised edition** Clare Fernandes,Karen Nightingale,2021-08-21 This book is designed to help

candidates prepare for the MCQ part of the Diploma in Occupational Medicine exam The first 150 questions along with their answers and explanations are designed to help readers check their understanding This section of the book is broken down into the core subject areas on which you will be tested Ethics and the law Effects of work on health Principles of occupational health Clinical occupational health Health and safety at work The book also contains a complete mock practice exam of 60 questions together with answers and commentary These questions follow the style of those in the exam and will help fully prepare candidates by allowing them to develop an understanding of how the exam questions work Written by a GP Registrar and winner of the Faculty of Occupational Medicine s Mobbs Fellowship who recently passed the exam and checked for accuracy by a Consultant in Occupational Medicine this book is the ideal revision and practice guide for exam candidates From reviews As a recent DOccMed candidate I consider this book to be a useful reference for those preparing for the written part of the diploma examination it would be an excellent investment for anyone preparing for the exam Occupational Medicine April 2018

WORK Brent Braveman,Jill J Page,2011-12-16 Here s the first book of its kind to provide a comprehensive overview of the full range of occupational therapy interventions for work related services The authors build a foundation of knowledge based on the development of the worker role the meaning and function of work in modern day society and cultural interpretations of work They then focus on specialized areas of occupational therapy assessment and intervention including psychosocial and physical assessment and preventative programming

Proceedings of the 8th International Ergonomics Conference Davor Sumpor,Kristian Jambrošić,Tanja Jurčević Lulić,Diana Milčić,Ivana Salopek Čubrić,Irena Šabarić,2021-03-29 This book presents the proceedings of the 8th International Ergonomics Conference ERGONOMICS held in Zagreb Croatia on December 2 5 2020 By highlighting the latest theories and models as well as cutting edge technologies and applications and by combining findings from a range of disciplines including engineering design robotics healthcare management computer science human biology and behavioral science it provides researchers and practitioners alike with a comprehensive timely guide on human factors and ergonomics It also offers an excellent source of innovative ideas to stimulate future discussions and developments aimed at applying knowledge and techniques to optimize system performance while at the same time promoting the health safety and wellbeing of individuals The proceedings include papers from researchers and practitioners scientists and physicians institutional leaders managers and policy makers that contribute to constructing the Human Factors and Ergonomics approach across a variety of methodologies domains and productive sectors

International Health and Safety at Work Phil Hughes,Ed Ferrett,2013 The second edition of International Health and Safety at Work has been specially written in simple English for the thousands of students who complete the NEBOSH International Certificate in Health and Safety each year Fully updated and matched to the March 2011 syllabus this course book provides students with all they need to tackle the course with confidence Full colour pages and over 200 illustrations bring health and safety to life Each chapter starts with learning outcome summaries and ends with

questions taken from recent NEBOSH examinations Specimen answers and a study skills chapter are also included to aid exam preparation Endorsed by NEBOSH for the International General Certificate in Occupational Health and Safety Provides all the material students need for the course including tables forms and checklists that can be used for health and safety activities such as risk assessment Gives a unique summary of Occupational Health and Safety legal frameworks in over 20 countries including the EU and USA plus details of several ILO conventions and recommendations which are useful to students and a wide range of managers This NEBOSH endorsed textbook introduces the reader to the fundamentals of health and safety in the workplace from an international perspective The book not only meets the needs of students on the NEBOSH course but remains a useful reference for all managers who work to international standards and need to adapt them to local needs and practice Phil Hughes MBE MSc CFIOSH is a former Chairman of NEBOSH 1995 2001 former President of IOSH 1990 1991 and runs his own consultancy He received an MBE for services to health and safety and as director of RoSPA in the New Year s Honours List 2005 Ed Ferrett PhD BSc Hons Eng CEng MIMechE MIET CMIOSH is a former Vice Chairman of NEBOSH 1999 2008 and a lecturer on various NEBOSH health and safety courses He is a Chartered Engineer and a health and safety consultant

Smart and Sustainable Supply Chain and Logistics - Trends, Challenges, Methods and Best Practices Paulina Golinska-Dawson, Kune-Muh Tsai, Monika Kosacka-Olejniak, 2020-12-12 This book discusses the critical contemporary issues of sustainability and integration of physical and information flow It explores the digitalization of logistics processes and the need for a more integrated and a seamless cooperation in supply chain management which are dominant trends in business practice Moreover it examines how the pressure for CO2 emission reductions and more resource efficient business models influences the organization of logistics operations on both a local and global scale demonstrating that integrating physical and cyber systems is necessary to achieve a more environmentally friendly safe logistics and supply chain operations In the individual chapters the authors discuss the new qualitative and quantitative theoretical methods and models and also analyze case studies from business practice This book provides valuable insights for academics Ph D students and practitioners wishing to deepen their understanding of logistics operations and management

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