



Manual Handling Assessment Charts (MAC) - Score Sheet

Company Name

Task Description - Please use diagrams if necessary

Are there indications that the task is high risk? (Please tick appropriate boxes)

☐

Task has a history of manual handling incidents
(eg company accident book, RIDDOR reports)

☐

Task is known to be hard work or high risk

☐

Employees doing the work show signs that they are finding it hard work
(eg sweating heavily, redness, sweating)

☐

Other indications, if so what?

Signature

Date

Insert the colour band for each of the risk factors in the boxes below, referring to your assessment using the tool

Risk Factors	Colour Band (G, A, R, or P)			Numerical Score		
	Lift	Carry	Team	Lift	Carry	Team
Load weight and W/carry frequency						
Hand distance from the lower back						
Vertical lift region						
Trunk twisting/slouching bending Asymmetrical trunk/foot carrying						
Postural constraints						
Grip on the load						
Floor surface						
Other environmental factors						
Carry distance (carrying only)						
Obstacles on route (carrying only)						
Communication and co-ordination (team handling only)						
Total Score				0	0	0

Other risk factors, eg individual factors, psychosocial factors etc

For information on reducing the risks of individual or psychosocial factors [Click here](#)

Mac Manual Handling Assessment Chart

Yijin Wang



Mac Manual Handling Assessment Chart:

Manual Handling Assessment Charts, 2003 Manual Handling Assessment Chart (Pack X 10) Health and Safety Executive (Hse), Health and Safety Executive Staff, 2003-01 A leaflet that presents the Manual Assessment Handling Charts MAC It helps employers and safety representatives in carrying out a manual risk assessment **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 **Clay's Handbook of Environmental Health** Stephen Battersby, 2016-07-01 Clay s Handbook of Environmental Health since its first publication in 1933 has provided a definitive guide for the environmental health practitioner or reference for the consultant or student This 21th edition continues as a first point of reference reviewing the core principles techniques and competencies and then outlining the specialist subjects It has been refocused on the current curriculum of the UK s Chartered Institute of Environmental Health but should also readily suit the generalist or specialist working outside the UK *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 **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 Oxford Handbook of Occupational Health Steven Sadhra, Alan Bray, Steve Boorman, 2022 The legal requirements are covered in the Control of Noise at Work Regulations 2005 CNAWRs see Box 1 1 The exposure action values EAVs are the noise exposure levels at which certain actions are required These actions relate to need for risk assessment controlling exposure health surveillance and the provision of information and training The exposure limit values ELVs are the levels of noise above which employees may not be exposed The EAVs and ELVs are listed in Table 1 1

Occupational Therapy for People Experiencing Illness, Injury or Impairment E-Book (previously entitled Occupational Therapy and Physical Dysfunction) Michael Curtin, Mary Egan, Jo Adams, 2016-12-16 The sixth edition of this classic book remains a key text for occupational therapists supporting their practice in working with people with physical impairments stimulating reflection on the knowledge skills and attitudes which inform practice and encouraging the development of occupation focused practice Within this book the editors have addressed the call by leaders within the profession to ensure that an occupational perspective shapes the skills and strategies used within occupational therapy practice Rather than focusing on discrete diagnostic categories the book presents a range of strategies that with the use of professional reasoning can be transferred across practice settings The new editors have radically updated the book in response to the numerous internal and external influences on the profession illustrating how an occupational perspective underpins occupational therapy practice A global outlook is intrinsic to this edition of the book as demonstrated by the large number of contributors recruited from across the world Covers everything the student needs within the physical disorders part of their course Links theory of principles to practice and management Written and edited by a team of internationally experienced OT teachers clinicians and managers

Gives key references and further reading lists for more detailed study Written within a framework of lifespan development in line with current teaching and practice Includes practice scenarios and case studies Focuses on strategies New title echoes the contemporary strength based and occupation focused nature of occupational therapy practice which involves working with people and not medical conditions and diagnoses Content and structure reviewed and shaped by an international panel of students new graduates 22 additional chapters 100 expert international contributors Evolve Resources evolve elsevier com Curtin OT contains 3 bonus interactive practice stories with reflective videos 360 MCQs 200 reflective questions 250 downloadable images Critical discussion of the ICF in the context of promoting occupation and participation Pedagogical features summaries key points and multiple choice and short answer reflective questions

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 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 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

International Health and Safety at Work Phil Hughes, Ed Ferrett, 2013-05-07 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

Recent Trends in Product Design and Intelligent Manufacturing Systems B.B.V.L. Deepak,M.V.A. Raju Bahubalendruni,D.R.K. Parhi,Bibhuti Bhusan Biswal,2022-10-05 This book presents select proceedings of the 3rd Innovative Product Design and Intelligent Manufacturing System IPDIMS 2020 held at National Institute of Technology NIT Rourkela 30 31 December 2021 This volume covers the latest research topics in design and manufacturing fields of engineering Some of the themes covered include Industry 4 0 smart manufacturing advanced robotics and CAD CAM CIM This book will be useful for students researchers and professionals in the disciplines of mechatronics mechanical manufacturing production and industrial engineering especially those working on improvements in manufacturing technologies and development of resilient infrastructure in industry

Proceedings of the 20th Congress of the International Ergonomics Association (IEA 2018) Sebastiano Bagnara,Riccardo Tartaglia,Sara Albolino,Thomas Alexander,Yushi Fujita,2018-08-10 This book presents the proceedings of the 20th Congress of the International Ergonomics Association IEA 2018 held on August 26 30 2018 in Florence Italy 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 This volume includes papers addressing the following topics Ergonomics in Design Activity Theories for Work Analysis and Design and Affective Design **Fitness for Work** Keith T Palmer,Ian Brown,John Hobson,2013-01-24 The bible of occupational health Fitness for Work is the most in depth and comprehensive resource available on the effects of ill health on employment Expert authors provide practical guidance on the employment potential of anyone with an illness or disability as well as examining the art and skills of fitness for work assessment and its ethical framework Fully revised and updated Fitness for Work fifth edition now includes for the first time important new chapters on work in cancer survivors health promotion in the workplace and managing and avoiding sickness absence Following in the all encompassing and comprehensive tradition of the previous editions it also continues to provide coverage of and information on support for rehabilitation work at older ages health screening and the full array of medical and surgical health problems that can affect fitness for work Chapters are organized by medical condition to enable effortless reference and are co authored by a topic specialist and a specialist occupational physician providing a comprehensive view of the subject The latest developments in legislation and government guidelines are included ensuring the book is up to date and provides the most current procedures in the field Fitness for Work delivers a wealth of valuable consensus guidance codes of practice and locally evolved standards to enable well informed clinical judgements to be made All occupational health professionals should have a copy of this highly regarded resource on their desks **Introduction to Health and Safety in Construction** Phil Hughes,Ed Ferrett,2015-09-16 Introduction to Health and Safety in Construction has been specially written for the thousands of students who complete the NEBOSH National Certificate in Construction Health and Safety each year Fully revised in alignment with the April 2015 syllabus the fifth edition provides students with all they need to tackle the course with confidence The book covers all the essential elements of health and safety management in construction including the legal framework risk assessment and control standards Highly illustrated with information provided in a clear easily accessible format it also provides checklists and record sheets to supplement learning Aligned to the NEBOSH National Certificate in Construction 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 The only textbook endorsed for the NEBOSH National Certificate in Construction Health and Safety the Introduction to Health and Safety in Construction is also suitable for construction courses in the UK and overseas and serves as a comprehensive reference for managers and professionals within the construction industry *Industry 4.0 for SMEs* Dominik T. Matt,Vladimír Modrák,Helmut Zsifkovits,2020-01-03 This open access book explores the concept of Industry 4 0 which presents a considerable challenge for the production and service sectors While digitization initiatives are usually integrated into the central corporate strategy of

larger companies smaller firms often have problems putting Industry 4.0 paradigms into practice Small and medium sized enterprises SMEs possess neither the human nor financial resources to systematically investigate the potential and risks of introducing Industry 4.0 Addressing this obstacle the international team of authors focuses on the development of smart manufacturing concepts logistics solutions and managerial models specifically for SMEs Aiming to provide methodological frameworks and pilot solutions for SMEs during their digital transformation this innovative and timely book will be of great use to scholars researching technology management digitization and small business as well as practitioners within manufacturing companies

Convergence of Ergonomics and Design Alma Maria Jennifer Gutierrez, Ravindra S.

Goonetilleke, Rex Aurelius C. Robielos, 2021-01-07 This book presents the proceedings of the Joint Conference of the Asian Council on Ergonomics and Design and Southeast Asian Network of Ergonomics Societies ACED SEANES held on December 2-4, 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

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 Introduction to International Health and Safety at Work Phil Hughes, Ed

Ferrett, 2010-08-24 This text has been written for the fast growing NEBOSH international certificate in health and safety

taken by around 6 000 students worldwide Matched to the new 2011 syllabus and written in simple English the coursebook provide students with all they need to tackle the course with confidence

Occupational and Environmental Safety and Health VI J. Santos Baptista,Rui B. Melo,Paula Carneiro,Jacqueline Castelo Branco,Nelson Costa,Joana Duarte,Joana C. Guedes,Gonçalo Perestrelo,2025-10-08 This book gathers cutting edge research and best practices relating to occupational risk and safety management healthcare and ergonomics It covers strategies for different industries such as construction chemical and healthcare It emphasizes challenges posed by automation discusses solutions offered by technologies and reports on case studies carried out in different countries Chapters are based on selected contributions to the 21st International Symposium on Occupational Safety and Hygiene SHO 2024 held on July 4 5 2024 in Porto Portugal By reporting on different perspectives such as the ones from managers employees and OSH professionals and covering timely issues such as implications of telework issues related to gender inequality and applications of machine learning techniques in occupational health this book offers extensive information and a source of inspiration to OSH researchers practitioners and organizations operating in both local and global contexts This is the second volume of a 2 volume set

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