

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

BM King



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