

Manual handling assessment charts (the MAC tool)



This is a web-friendly version of leaflet INDG383(rev2), published 06/14.

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 Tool Manual Handling

**Phil Hughes MBE, Phil Hughes, Ed
Ferrett**



Mac Tool Manual Handling:

Manual Handling Assessment Charts ,2003 *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

Airport Baggage Handling Systems Brahim Rekiek,2023-10-19 The competition between airports demands higher quality services to satisfy passengers A Baggage Handling System BHS serves functions such as baggage sorting screening and storage A successful BHS means bags move between areas as travellers do Handlers load unload bags and transfer them between the airport s areas Automation can save money and bring safety and operational benefits Warehouses as well as the automotive industry are more advanced technologically in comparison to the airport and especially the baggage handling business The concept of the Baggage Factory BF is an approach based on Industry 4 0 that simplifies the processes from the moment passengers drop off their bags at check in till the destination chutes carousels and so forth Airport Baggage Handling Systems Using the Baggage Factory Approach to Support AI Optimisation Decisions and Design Processes introduces the features of the BF concept and presents how BHS designers can use AI technology to tackle many BHS problems and concerns The book bridges the gap between airport BHS designers and experts in AI and optimisation It describes in detail the field of baggage handling using algorithms for sorting bags or optimising the flow The way the systems are designed is discussed and a behind the scenes look at the BHS industry and how it affects the daily lives of travellers is presented International and multidisciplinary in approach this book is an ideal resource for practitioners students and researchers involved in the air transportation industry Tourism Systems Engineering Layout and Design Artificial Intelligence Assembly Automation and Logistics fields **Workplace Law Handbook 2011 - Health and Safety, Premises and Environment Handbook** ,2010 *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

Human Factors and Ergonomics in Practice Steven Shorrock,Claire Williams,2016-11-18 This edited book concerns the real practice of human factors and ergonomics HF E conveying the perspectives and experiences of practitioners and other stakeholders in a variety of industrial sectors organisational settings and working contexts The book blends literature on the nature of practice with diverse and eclectic reflections from experience in a range of contexts from healthcare to agriculture It explores what helps and what hinders the achievement of the core goals of HF E improved system performance and human wellbeing The book should be of interest to current HF E practitioners future HF E practitioners allied practitioners HF E advocates and ambassadors researchers policy makers and regulators and clients of HF E services and products

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

Introduction to Health and Safety at Work Phil Hughes MBE,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

PROMOTE YOUR WORKPLACE SAFETY CULTURE Henry Harvin,2023-10-04 Stay safe and healthy at work with our comprehensive guide to occupational health and safety Whether you re an employer employee or safety professional PROMOTE YOUR WORKPLACE SAFETY CULTURE with this essential information on workplace hazards risk assessment safety regulations and best practices for preventing accidents and injuries With practical tips case studies and expert insights you ll learn how to create a safer work environment for yourself and others Protect your well being and advance your career with the knowledge and skills you ll gain from this essential resource In today s fast paced work environment safety regulations and best practices are more important than ever Whether you work in construction manufacturing or any other industry it s crucial to understand how to prevent accidents and injuries This comprehensive guide provides practical tips case studies and expert insights to help you create a safer work environment for yourself and others From identifying potential hazards to implementing effective safety measures you ll learn everything you need to know to protect your well being and advance your career With a focus on real world scenarios and best practices from leading organizations this essential resource is a must read for anyone who takes workplace safety seriously So why wait Start reading today and take the first step towards creating a safer healthier workplace for everyone [Introduction to Health and Safety in Construction](#)

Phil Hughes,Ed Ferrett,2012-09-10 This NEBOSH endorsed textbook is matched to the latest syllabus of the National Certificate in Construction Safety and Health Within the construction industry the need for specialist health and safety training is high due to the high risks involved This is reflected in recent legislation such as CDM 2007 and explains the consistent demand for courses and learning materials The text is easy to read highly illustrated in full color and supported with checklists report forms and record sheets used currently in the industry Students are supported with end of chapter questions a study skills chapter and specimen assignments including specimen answers As NEBOSH actively grow their qualifications internationally demand for this book and it s sister titles continues to increase overseas High growth markets are the Middle East Malaysia India and China **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

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 2nd Human Engineering Symposium Mohd Hasnun Arif Hassan,Mohd Nadzeri Omar,Nasrul Hadi Johari,Yongmin Zhong,2024-03-11 This book acts as a compilation of papers presented in the 2nd Human Engineering Symposium HUMENS 2023 held at Pekan Pahang Malaysia The symposium covers the following research topics ergonomics biomechanics sports technology medical device and instrumentation artificial intelligence machine learning industrial design rehabilitation additive manufacturing modelling and bio simulation and signal processing The articles published will be of interest to researchers and practitioners from the medical device manufacturers healthcare rehabilitation and sports technology

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

Introduction to Health and Safety at Work Phil Hughes,Ed Ferrett,2011-12-31 Learn more about health and safety with this NEBOSH endorsed textbook written

and designed specifically to help you pass your course Matched to the NEBOSH National General Certificate in Occupational Health and Safety Practice NEBOSH questions and sample answers based on recent examinations at the end of each chapter allow you to test your knowledge and increase your understanding All relevant legislation is summarised for quick reference Introduction to Health and Safety at Work 5th edition covers the basics of occupational safety and health The book 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 To make studying easier each chapter starts with learning outcomes and ends with questions taken from recent NEBOSH examinations Specimen answers and a study skills chapter aid exam preparation It is highly illustrated with over 60 new diagrams and photographs in full colour making learning easy for all There is a companion website with editable training slides and illustrations to help tutors deliver health and safety courses This book is a handy reference for managers and directors dealing with the day to day issues of health and safety and is also of great value to those studying for level 3 N SVQ and the IOSH Managing Safely Award 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 and an additional chapter to cover other aspects of health and safety and related topics that many readers will find helpful on completion of the course construction activities environmental considerations and international issues New in this edition Fully restructured in line with new 2010 NEBOSH syllabus Inclusion of a summary of the Report on Health and Safety Common Sense Common Safety by Lord Young Gives particular regard to changes in legislation relating to the Site Waste Management Plans Regulations the Control of Artificial Radiation at Work Regulations Chemicals Hazard Information and Packaging for Supply Regulations CHIP4 and the European Classification Packaging and labelling regulations A chapter with guidance on searching the internet with a range of significant Occupational health and Safety Websites There are dozens of internet references throughout the book Since the Practical Application NGC3 has been significantly revised Chapter 20 includes a sample practical application based on the new scope and format 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 safety and as a director of RoSPA in the New Years 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 NEBOSH courses at Cornwall Business School of Cornwall College He is a Chartered Engineer and a health and safety consultant

Temporary Works Part Two Ray Filip, 2025-06-12 Temporary Works Part Two Further Principles of Design and Construction provides authoritative and comprehensive guidance on key areas of temporary works for practising engineers Building on the successful format of Temporary Works Principles of Design and Construction the book provides 18 entirely new chapters

Fitness for Work John Hobson, Julia Smedley, 2019-02-14 The bible of occupational health Fitness for Work is the most in depth and comprehensive resource

available on the relationship between ill health and employment The specialist advice given covers health hazards in the work place fitness for work and rehabilitation after illness or injury A truly current source it discusses the social aspects of work and problems associated with our ageing workforce and changing population Communicating occupational health advice to patients employees and doctors Fitness for Work improves relationships in the workplace It details the impact of a patient s health on work and how they can be supported to gain or remain in employment This invaluable source argues that in a suitable role an employee can derive immense benefits to their health and well being from work Importantly this comprehensive title also presents tactics on how to reduce inappropriate barriers to work for those who have overcome an injury or disease and those who live with chronic conditions Fully revised and updated the sixth edition of Fitness for Work is based on the latest research evidence and clinical advances The first half of the book focuses on the general principles of fitness to work and occupational health practice such as legal aspects ethical principles health promotion health surveillance and general principles of rehabilitation In addition it advises on sickness absence ill health retirement medication transport vibration and travel In the second half of the book chapters are arranged by clinical speciality or topic and are co authored by a topic specialist and a specialist occupational physician providing a comprehensive view of the subject For effortless reference each specialty chapter outlines the conditions covered their prevalence and impact and discusses the clinical aspects and treatment that affects work capacity All recommendations are evidence based and make use of the NICE guidelines The definitive text on the relationship between health and work Fitness for Work delivers a wealth of valuable consensus guidance codes of practice and locally evolved standards This highly regarded resource is essential for all occupational health practitioners

Leadership and Management: Theory and Practice Kris Cole,2018-09-01

Leadership Management Theory Practice by Kris Cole focuses on comprehensive coverage of the core management units within the Diploma of Leadership and Management BSB51915 and Certificate IV in Leadership and Management BSB42015 This market leading textbook provides students with rigorous information while balancing the key topics with a practical approach through real life case studies examples and problem solving techniques It uses everyday business terms and language putting management in a context that makes it easy to understand for all types of learners Leadership Management Theory Practice enables students to strengthen skills in areas such as managing poor performance being more directive and solving problems permanently It is noted for its application across industry sectors and different types of business

Occupational and Environmental Safety and Health III Pedro M. Arezes,J. Santos Baptista,Paula Carneiro,Jacqueline Castelo Branco,Nélson Costa,J. Duarte,J. C. Guedes,Rui B. Melo,A. Sérgio Miguel,Gonçalo Perestrelo,2021-11-12 This book gathers cutting edge research and best practices relating to occupational risk and safety management healthcare and ergonomics It covers strategies for different types of industry such as construction food chemical and healthcare It gives a special emphasis on challenges posed by automation discussing solutions offered by technologies and reporting on case

studies carried out in different countries Chapters are based on selected contributions to the 17th International Symposium on Occupational Safety and Hygiene SHO 2021 held virtually on November 17 19 2021 from Portugal By reporting on different perspectives such as the ones from managers workers and OSH professionals and covering timely issues such as safety evaluation of human robot collaboration this book offers extensive information and a source of inspiration to OSH researchers practitioners and organizations operating in both local and global contexts

Clay's Handbook of Environmental Health Stephen Battersby, 2013-03 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 twentieth 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

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