

**Company Health & Safety  
Standard Method Statements and Bibliography**

**V  
Manual Handling**

Guidance Notes

- HSE Manual Handling Assessment charts
- HSE Getting to grips with Manual Handling
- HSE Making the best of lifting and handling aids
- HSE Preventing injuries from the manual handling of sharp edges in the engineering industry
- HSE Injuries and ill health caused by handling in the food and drink industries
- HSE Roll cages and wheeled racks in the food and drink industries: reducing manual handling injuries.
- HSE Reducing injuries caused by sack handling in the food and drink industries

Forms

Risk assessment form.

1. Manual handling will be carried out within safe working parameters laid down by the **Manual Handling Assessment Charts. (MAC)**
2. Where manual handling tasks cannot fall within the **MAC** guidelines then appropriate lifting and handling aids will be used.
3. Where hazard/risks due to handling of items with sharp edges must be controlled, appropriate PPE (Gloves, safety shoes, aprons) will be worn.
4. Wheeled racks and heavy wheeled bowls will be
  - a. Used following guidelines out lined in HSE “Roll cages and wheeled racks in the food industries”
  - b. Only move one heavy rack/bowl at a time
  - c. Use handles provided
  - d. Move no faster than slow walking pace
  - e. Push when ever possible (rather than pull)
  - f. Seek assistance for slopes and uneven surfaces
  - g. Wear appropriate PPE (Gloves, safety shoes)
5. Take regular rests from tasks that involve risk of Repetitive Strain Injury (RSI)