

# Undertake Manual Handling

## MEM11011B

Learning Elements:

1. Lift materials manually
2. Move / shift materials manually

# Assessment Activity Mem11011b Undertake Manual Handling

**S Ashworth**



## **Assessment Activity Mem11011b Undertake Manual Handling:**

**Manual Handling Assessment Charts** ,2003 *Risk Assessment* National Safety Council of Australia. Queensland Division,1990 **Risk Assessment in Manual Handling** ,1988 **Ultimate Guide to Manual Handling** Lee Marsh,2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way **National Code of Practice for Manual Handling** ,2001 The purpose of this national code of practice for manual handling is to provide practical advice in meeting the requirements of the national standard for manual handling for the identification assessment and control of risks arising from manual handling activity in workplaces This national code of practice provides advice in the following areas General principles Risk identification Risk assessment and risk control 1990 **Manual Handling Risk Assessment** ,1993 **Manual Handling** ,1992 **Manual Handling of Loads** ,1996 **Assessment of Manual Handling Tasks** Jeremy Trotman,1987 **Manual Handling Instruction** ,2013-05-17 A comprehensive text introducing the principles of effective manual handling combined with clear guidance on how to design and deliver manual handling instruction for the workplace within the context of relevant health and safety legislation Introduces the relevant health and safety legislation and guidance documents including the Manual Handling of Loads Regulation 2007 the principles of prevention as outlined in the Safety Health and Welfare at Work Act 2005 and relevant guidance from government and professional bodies Evaluates the benefits of an integrated approach to the management of manual handling which includes a manual handling policy staff consultation risk assessment implementation of appropriate controls and relevant training Details the musculoskeletal system of the human body and highlights common occupational back disorders and injury mechanisms Explains key ergonomic principles for workplace design and the manual handling risk assessment process through the use of case studies and scenarios Identifies the main principles of manual handling with particular emphasis on the need to carry out a personal and dynamic risk assessment Demonstrates how to carry out a range of appropriate manual handling techniques including the lifting carrying pushing pulling supporting and pulling down of a load by one or more persons Advises on how to develop and deliver manual handling training programmes formulate lesson plans use appropriate materials and aids to support learning and develop strategies to motivate changes in manual handling practice Written For FETAC Level 6 Manual Handling Instruction 6S0242 Special Purpose award **FBPOPR1010** SNAZZY Learning Solutions,2020 This unit of competency describes the skills and knowledge required to identify manual handling requirements of a work function use manual handling aids to lift or move items and identify and assess manual handling risks This unit applies to individuals who work alongside a supervisor in most situations and exercise limited autonomy *Manual handling assessment in paper and board mills* ,1993 *Training for Assessors* Lindy Strudwick,2017-05-15 Assessment and Development Centres are very resource intensive both in terms of time and money Poorly trained assessors resource people and role players can all have a

huge adverse impact on the results of an Assessment and Development Centre To ensure consistency in the performance of assessors resource people and role players they must all be well briefed and properly trained This manual provides a practical guide with everything you need to train assessors resource people and role players Parts One to Three of the manual deal with the behavioural assessment skills of observing recording classifying summarizing and evaluating ORCSE There are exercises for learning and trying out the techniques needed for each stage of the process There is also a collection of mock simulations which allow potential assessors to put all of the skills together and practice for real Part Four covers training for resource persons and role players an area which is often overlooked Training for Assessors is an essential resource for anyone running or planning to run assessment and or development centres Manual Handling for Frame and Truss Workers Workspace Training,2006 This interactive CD with booklet provides an easy to follow presentation on manual handling for workers in timber manufacturing This resource is specifically designed for workers with low literacy levels The CD provides photos and videos with narration The booklet provides guidance to trainers on learning activities and customising the presentations with their own site materials The learning activities include manual handling risk assessment and using good manual handling techniques Topics include Good manual handling practices How to avoid injuries Manual handling and the law Employer and employee OSH rights and responsibilities Carrying out a risk assessment Looking after your back Structure and workings of the spine Practical ways to minimise risks on the job Assessing Manual Handling Tasks E. Pragier,1988 **Manual Handling** ,1994 Provides guidance to help employers to avoid manual handling or reduce the risk of injury in areas where assessment shows there is a risk Each solution is illustrated with a photograph or diagram with a short explanatory paragraph Content Avoiding manual handling Redesigning the load Redesigning the task Mechanical handling aids Environmental effects Automation **Guide to Manual Materials Handling** A. Mital,2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person s capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives *Pre-training Assessment Kit. Determining Training Needs* Cinthia Del Grosso,TDT Australia,2002 This is a training needs analysis guide aimed at

workplace trainers It is an introduction to the basics of interviewing using questionnaires and recording results Sample questionnaires specific to the Australian transport and distribution units are included These include health and safety manual handling basic workplace communication conduct housekeeping activities and working effectively with others A list of useful transport resources is given at the end *Manual Handling in Health and Social Care, Second Edition* Michael Mandelstam, 2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases

Manual Handling Risk Assessment in Manufacturing Industries - a Focus on Women , 1996

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