



Manual Handling Guidelines

for lifting and lowering



According to the HSE (Health & Safety Executive) more than a third of all over-three-day injuries reported each year to HSE and local authorities are caused by manual handling.

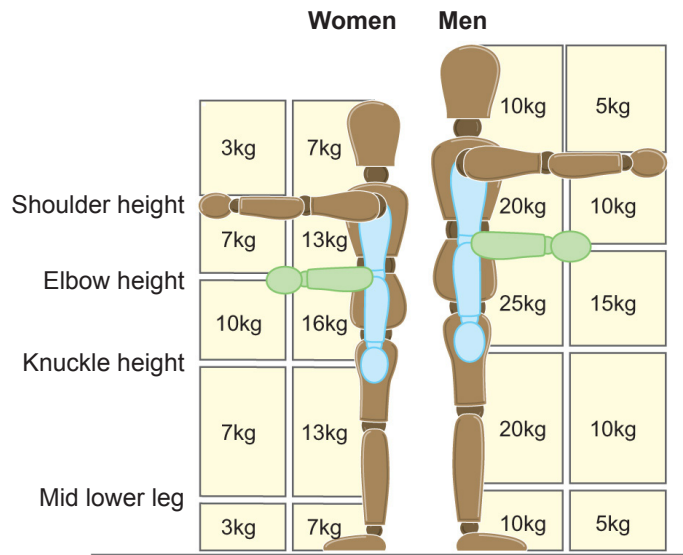
LIPAC Allibert trays and containers are designed for easy, safe lifting, carrying and lowering. However, basic manual handling guidelines must still be followed to avoid stress, fatigue and injury.

This document is intended to help you to identify the size / weight capacity of LIPAC Allibert container to help your staff avoid injury during manual handling operations. Handling aids such as wheeled dollies, conveyors or hoists should be considered to ease lifting and carrying operations.

The following guidelines are taken from the HSE "Getting to grips with manual handling" booklet. Customers are advised to refer to the HSE for full details of manual handling guidelines including risk assessment and techniques, visit www.hse.gov.uk.

- Use the diagram to make a quick and easy assessment. Each box contains a guideline weight for lifting and lowering in that zone. (As you can see, the guideline weights are reduced if handling is done with arms extended, or at high or low levels, as that is where injuries are most likely to occur.)
- Observe the work activity you are assessing and compare it to the diagram. First, decide which box or boxes the lifter's hands pass through when moving the load. Then, assess the maximum weight being handled. If it is less than the figure given in the box, the operation is within the guidelines.
- If the lifter's hands enter more than one box during the operation, use the smallest weight. Use an in-between weight if the hands are close to a boundary between boxes.
- The guideline weights assume that the load is readily grasped with both hands and that the operation takes place in reasonable working conditions, with the lifter in a stable body position.
- Reduce the guideline weights if the handler twists to the side during the operation. As a rough guide, reduce them by 10% if the handler twists beyond 45°, and by 20% if the handler twists beyond 90°.
- The guideline weights are for infrequent operations - up to about 30 operations per hour - where the pace of work is not forced, adequate pauses to rest or use different muscles are

possible, and the load is not supported by the handler for any length of time. Reduce the weights if the operation is repeated more often. As a rough guide, reduce the weights by 30% if the operation is repeated once or twice per minute, by 50% if the operation is repeated five to eight times a minute, and by 80% where the operation is repeated more than 12 times a minute.



Pulling & pushing

LIPAC Allibert also manufacture a wide range of wheeled dollies to ease and speed manual handling operations.

- As a rough guide the amount of force that needs to be applied to move a load over a flat, level surface using a well-maintained handling aid is at least 2% of the load weight. The operator should try to push rather than pull when moving a load, provided they can see over it and control steering and stopping.

The task is within the guidelines if the following figures are not exceeded:

Pushing & pulling	Men	Women
Force to stop or start the load	20 Kg	15 Kg
Sustained force to keep the load in motion	10 Kg	7 Kg

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