

# Manual handling assessment charts (the MAC tool)



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## 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

**Thomas Griffiths**

## Mac Tool Manual Handling:

**Manual Handling Assessment Charts** ,2003    **Contemporary Ergonomics 2005** Philip D. Bust,Paul T.

McCabe,2005-05-12 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

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RRC,2016-03-21 Are you complying with health and safety regulations in the workplace Making mistakes in many areas of

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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

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**and Intelligent Manufacturing Systems** B.B.V.L. Deepak,M.V.A. Raju Bahubalendruni,D.R.K. Parhi,Bibhuti Bhushan 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

[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

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**Manual Handling Assessment Charts**

,2003 Health and Safety Commission Annual Report and the Health and Safety Commission/Executive Accounts Great Britain. Health and Safety Commission,2004 Vocational Rehabilitation Jain Holmes,2007-10-29 Vocational Rehabilitation offers a practical introduction for healthcare practitioners to this burgeoning field The book provides an explanation of current UK practice as well as guidance on a range of relevant interventions for vocational rehabilitation services focusing on therapeutic assessments and treatments It is an invaluable source of best practice information for those currently providing return to work services as well as those intending to develop them Vocational Rehabilitation is structured over five sections the first providing contextual information followed by assessment strategies action planning interventions and services

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## Reviewing **Mac Tool Manual Handling**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Mac Tool Manual Handling**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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