

CREST Waltham Forest

Manual Handling Policy

It is the policy of CREST Waltham Forest to comply with the law as set out in the Manual Handling Operations Regulations 1992.

Manual Handling operations will be avoided as far as is reasonably practicable wherever there is a risk of injury. In cases where lifting is carried out, safe techniques are to be adopted, such as correct positioning and keeping the load close to the body.

Where it is not possible to avoid manual handling operations an assessment of the operation will be made taking into account the task, the load, the working environment and the capability of the individual concerned. The person responsible for undertaking assessments must be adequately trained. Specific manual handling assessments must be used to identify and record whether the risk is high, medium or low.

An assessment will be reviewed if there is any reason to suspect that it is no longer valid. Specialised assessments will be undertaken where necessary.

All possible steps will be taken to reduce the risk of injury to the lowest level possible.

Mechanical devices will be used instead of manual handling wherever reasonably practicable to carry out the lifting and moving of objects.

See the risk assessment for manual handling for further information.