

Manual Handling

Hazardous manual tasks can be harmful to workers' health and safety. Workplaces must put in place measures to protect workers from injuries and diseases.

Manual tasks, also known as manual handling, involve using your body to lift, lower, push, pull, carry, or otherwise move, hold, or restrain any person, animal, or thing. Manual tasks cover a wide range of activities, including:

- pushing and pulling
- lifting and lowering
- carrying and restraining.

Examples of manual tasks include:

- stacking shelves
- working on a conveyor line
- entering data into a computer.

Read more at the SafeWork NSW website - [click here](#)

A list of templates and relevant documents can be found under "Attachments" on the side of this page.

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