
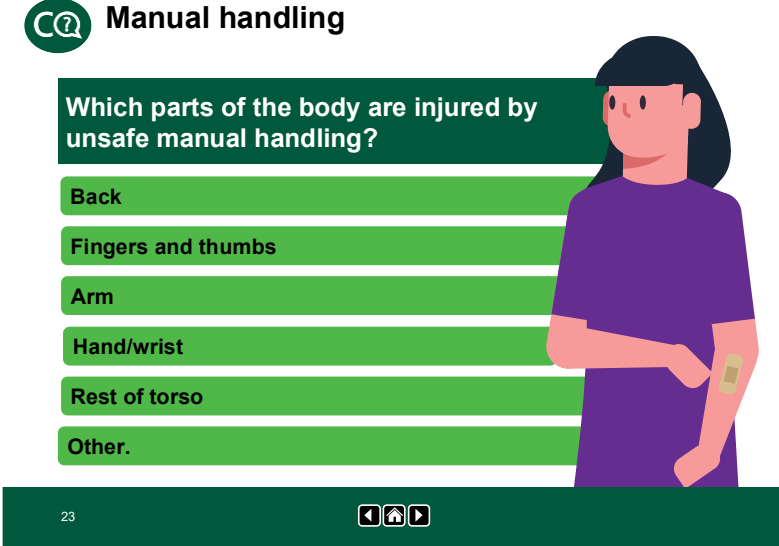


# Level 2 Safe Moving and Handling Training Presentation

Ed. 4 September 2025

Date of update:  
September 2025

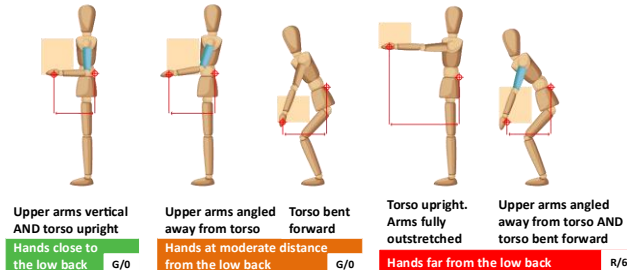
The following updates have been made to the 4<sup>th</sup> edition of this training presentation.

| Slide | Update comments  |
|-------|--|
| 14    | <p>The content has been updated for musculoskeletal disorders.</p> <p><b>Moving and handling – the bigger picture</b></p> <p>Year on year, manual handling injuries are a significant cause of workplace injuries</p> <p>Musculoskeletal disorders (MSDs) are among the leading causes of occupational ill health issues in Great Britain</p> <p>There are targeted inspections by the enforcing authorities.</p>  <p>14</p> <p>Navigation icons: back, home, forward</p> |
| 23    | <p>The content has been updated.</p> <p><b>Manual handling</b></p> <p>Which parts of the body are injured by unsafe manual handling?</p> <ul style="list-style-type: none"><li>Back</li><li>Fingers and thumbs</li><li>Arm</li><li>Hand/wrist</li><li>Rest of torso</li><li>Other.</li></ul>  <p>23</p> <p>Navigation icons: back, home, forward</p>   |

## HSE Manual Handling Assessment Chart 'MAC' tool

### Hand distance from the lower back

Observe the task and examine the horizontal distance between the operative's hands and their lower back. Always assess the worst-case scenario. Use the following to guide your assessment



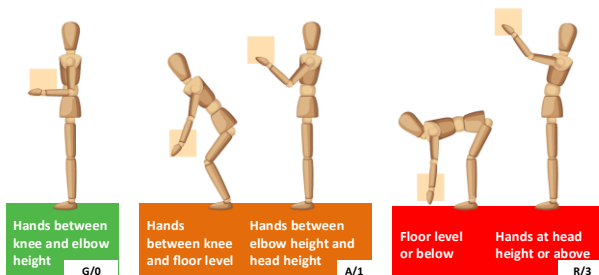
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## HSE Manual Handling Assessment Chart 'MAC' tool

### Vertical lift region

Observe the position of the operative's hands at the start of the lift and as the lift progresses. Always assess the worst-case scenario. Use the following illustrations as a guide



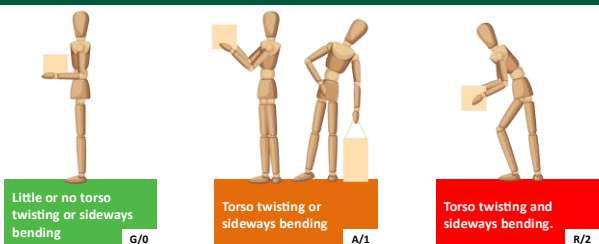
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## HSE Manual Handling Assessment Chart 'MAC' tool

### Torso twisting and sideways bending

Observe the operative's torso as the load is lifted. If the torso twists in relation to the hips and thighs or the operative leans to 1 side as the load is lifted, the colour band is amber and the numerical score is 1. If the torso both twists and bends to the side as the load is lifted, the colour band is red and the numerical score is 2



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The positioning of the feet have been updated as per the HSE guidance.

For further information on manual handling visit: [Manual handling at work: Good handling technique - HSE](#)

### Safe movement principles



---End---