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Manual handling is any  
action involving

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physical effort to move or support an object or person by lifting, pushing, pulling, carrying or transporting in any physical way. Manual handling injuries can occur almost anywhere in the workplace and heavy manual labour, awkward postures and previous or existing injury can increase the risk.

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important to ensure  
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. 1. The five methods of manual handling are:- 2. Approximately 1/3 of all over 3 day injuries reported ...

Assess the risk of injury from any hazardous manual handling that can't be avoided (Risk Assessment) C. Reduce the risk of injury from hazardous manual

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handling, ...

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knowledge based  
question category:  
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answers to get a full  
point for that question.

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practice test will help  
you learn the basics of  
manual handling and  
help to prepare you for  
your CSCS Test. This  
CSCS mock test has 15  
questions in the same  
style and format you  
will meet in the real  
CSCS Test. All the

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answers are provided at the bottom of the page. 1. Which of these should you stop and think about before attempting to lift a load?

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Bringing to you the Manual Material Handling Quiz 1. This is a Material Handling quiz wherein one needs to answer the

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multiple choice

questions. Back safety is an important part of workplace health as "Your Back is for life and you should make sure it lasts a lifetime"

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When conducting  
manual handling  
assessments, the  
'RAPP' tool can assist  
the assessor, what  
does 'RAPP' refer to?

Risk assessment of

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pushing and pulling.  
Risk assessment of  
placing and  
positioning. Risk  
assessment of pressure  
and posture. Risk  
assessment of people  
and place.

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It's thought that people  
who work in health and  
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spend up to 50% of

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their time moving and handling patients and service users. This is quite a substantial part of the working day and so it's essential that moving and handling activities are carried out with the health and safety of everyone involved in mind.

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Moving & Positioning  
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a carer you have legal responsibilities according to the Manual Handling Operation Regulations relating to moving and handling tasks. What are they? Answer: To be responsible for yourself, your colleagues and the service users health and safety

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