



Manual Task Awareness



What is a manual task?

A manual task is any activity requiring a person to use their musculoskeletal system in performing work. This includes movements like bending, twisting, reaching, lifting, awkward postures and sustained postures.

Hazardous characteristics of manual tasks

Here are some hazardous characteristics of manual tasks that you may be exposed to in your day.

- ▶ Repetitive or sustained application of force
- ▶ Repetitive or sustained awkward posture
- ▶ Repetitive or sustained movement
- ▶ Application of high force
- ▶ Exposure to sustained vibration
- ▶ Handling of live people or animals
- ▶ Handling loads that are unstable, unbalanced or difficult to grasp

*Can you think
of any potential
hazardous
manual tasks from
your work?
What changes
can you make?*



**Safety &
Wellbeing
Toolbox**

