



HSE Manual Handling Assessment Chart (MAC) Tool

Version - Updated September 2020

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Introduction

Musculoskeletal Disorders (MSD's) are the most common cause of occupational ill health in Great Britain, currently affecting 1 million people a year and costing society £5.7 billion. MSD's affect the muscles, joints, tendons, and other parts of the musculoskeletal system.

It is important to understand the risks associated with manual handling and take appropriate measures to assess and ultimately reduce these risks, so the likelihood of suffering from MSD's such as back pain are reduced.

The Manual handling Assessment Chart (MAC) tool has been developed by the Health and Safety Executive (HSE) to help the user identify high-risk workplace manual handling activities. The tool can be used to assess the risks posed by lifting, carrying and team manual handling activities. It is designed to help the user understand, interpret, and categorize the level of risk of the various known risk factors associated with manual handling activities. The MAC tool incorporates a numerical and a colour coding score system to highlight high-risk manual handling tasks.

It is important to note that the MAC tool is not appropriate for all manual handling operations and does not compromise a full risk assessment. Therefore, it is unlikely to be acceptable if relied upon alone. To be 'suitable and sufficient', a risk assessment will normally need to take account of additional information such as individual capabilities (factors) and should conform to the requirements in the Manual Handling Operations Regulations 1992

The Manual Handling Assessment Charts (MAC) is a tool to help users identify high-risk workplace manual handling activities.



Employers and safety representatives can use the tool to assess the risks posed by lifting, carrying and team manual handling activities. It will help you understand, interpret and categorise the level of risk of the various known risk factors associated with these activities. MAC has a numerical and colour coding score system to highlight high-risk manual handling tasks.

This version has been updated, following an extensive period of research, to reflect the latest scientific knowledge and our experience of how the tool is used in the workplace. It includes new illustrations, new team handling categories and weight limits, a more comprehensive score sheet, screening questions to check which assessment you should do, and space to list your control measures.

Although there have been some changes to categories and scoring, the main messages about the actions employers and workers should take to prevent risks have altered very little since the previous 2014 version. There is no change in policy or regulation.

Note: This version of the MAC tool (published March 2019) is an update of the one published in November 2018. Several changes have been made to the scoresheet, but the main text has not been changed.





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