The following update has been made to this publication.

**Throughout**
Updates throughout the publication have been made to the term ‘...as far as is reasonably practicable...', which now reads,'...so far as is reasonably practicable...'.

**Page 21 - HSE Manual Handling Assessment Charts (MAC) tool** has been updated to include reference to the V-MAC tool:

The manual handling assessment charts (MAC) tool is aimed at employers or anyone else who needs to assess manual handling tasks.

The tool will help individuals to assess the most common risk factors in lifting, lowering, carrying and team handling operations where the same weight is handled throughout the working day/shift. It enables the employer to identify high-risk manual handling in the workplace with an easy to understand colour-coding system.

In some jobs, for example, in warehouse operations, order picking and delivery, the load weight and lifting frequency can sometimes vary during the workday/shift. The variable manual handling assessment chart (V-MAC) tool was developed to use in conjunction with the MAC tool to help individuals assess manual handling operations where this variance occurs. (The V-MAC tool is more complex than is needed for assessing many manual handling operations).

The assessment of repetitive tasks (ART) is a HSE tool designed to help assess common risk factors in repetitive tasks that contribute to the development of upper limb disorders.

**Page 23 Reducing the risk by correctly managing INDIVIDUAL capability**
Paragraph 1 of this section has been amended and now reads:

Everyone is an individual; general health, age, sex, height and build all make a difference to manual handling capability. People generally are stronger in their early 20s; strength slowly declines until the mid-40s when it declines more rapidly. Individual capability needs to be constantly monitored through supervision. Employees must inform managers or supervisors if their ability to lift or move loads changes even on a temporary basis to enable changes and adaptations to be made.

**Page 41 Glossary definition of an accident** was previously; ‘An unplanned and uncontrolled event which has led to injury to persons, damage to the business or other loss’, this has been updated to:

An unplanned and uncontrolled event that results in injury or ill health of people, damage to property or other loss.

*End of update*