



## HSE MANUAL HANDLING ASSESSMENT CHART (MAC) TOOL

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 HSE web site provides information and assistance regarding the use of the MAC and further guidance in relation to manual handling risk assessments:  
[www.hse.gov.uk/msd/mac/index.htm](http://www.hse.gov.uk/msd/mac/index.htm)

**BFFF**

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