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Health and Safety Executive Manual handling at work: A brief guide Page 6 of 10 Get a good hold. Where possible, the load should be hugged as close as possible to the body. Reducing manual handling risks in carpet retail Assessment of repetitive tasks of the upper limbs (the ART tool) Are you making the best use of lifting and handling aids? Hse Manual Handling At Work A Brief Guide - Health and Safety Executive Manual handling at work: A brief guide Page 6 of 10 Get a good hold. Where possible, the load should be hugged as close as possible to the body.. This leaflet is aimed at managers in SMEs. It explains the problems associated with manual handling and gives guidance on how to deal with them. The leaflet gives useful practical advice on reducing the risk of injury from manual handling. It will help employers to implement their duties under the Manual Handling Operations Regulations 1992.