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| --- | --- | --- | --- | --- |
| Topic | Entry level | Risk assessment level | Legal guidance/reference level | Training |
| Manual  handling | **Manual handling at work: A brief guide INDG143**  Available in print and online  [www.hse.gov.uk/pubns/indg143.htm](http://www.hse.gov.uk/pubns/indg143.htm)  9780717667321  **Making the best use of lifting and handling aids INDG398**  Available online  [www.hse.gov.uk/pubns/indg398.pdf](http://www.hse.gov.uk/pubns/indg398.pdf) | **Manual handling assessment charts (the MAC tool) INDG383**  Available in print and online  [www.hse.gov.uk/pubns/indg383.htm](http://www.hse.gov.uk/pubns/indg383.htm)  9780717667109  **Risk assessment of pushing and pulling (RAPP) tool INDG478**  Available in print and online  [www.hse.gov.uk/pubns/indg478.htm](http://www.hse.gov.uk/pubns/indg478.htm)  9780717666577  **MSD Digital online assessment tool**  Online tool designed to simplify the process of completing assessments  [www.books.hse.gov.uk/MSD-Assessment-Tool](http://www.books.hse.gov.uk/MSD-Assessment-Tool) | **Manual handling. Manual Handling**  **Operations Regulations 1992. Guidance**  **on Regulations L23**  Available in print and online  [www.hse.gov.uk/pubns/books/l23.htm](http://www.hse.gov.uk/pubns/books/l23.htm)  9780717666539 | **NEBOSH HSE Certificate in**  **Manual Handling Risk Assessment**  A one-day qualification based on HSE’s best practice guidance and tools. This course will equip you with the knowledge to help recognise, assess and reduce manual handling risks in your organisation. Visit [www.nebosh.org.uk](http://www.nebosh.org.uk) for more information.  **Musculoskeletal Disorders (MSD) Assessment**  This course will equip you with the knowledge and tools to recognise, assess and reduce musculoskeletal disorders risks (manual handling and upper limb disorders) in your organisation. Training covers the suite of MSD risk assessment approaches including RAPP, MAC and ART. These tools will help you understand and prioritise levels of risk of known ergonomics risks factors associated with manual tasks. Visit [www.solutions.hse.gov.uk](http://www.solutions.hse.gov.uk) for more information. |
| Upper limb  disorders  (ULDs) | **Managing upper limb disorders in the workplace: A brief guide INDG171**  Available online  [www.hse.gov.uk/pubns/indg171.htm](http://www.hse.gov.uk/pubns/indg171.htm) | **Assessment of repetitive tasks of the upper limbs (the ART tool) INDG438**  Available in print and online  [www.hse.gov.uk/pubns/indg438.pdf](http://www.hse.gov.uk/pubns/indg438.pdf)  9780717663934  **MSD Digital online assessment tool**  Online tool designed to simplify the process of completing assessments  [www.books.hse.gov.uk/MSD-Assessment-Tool](http://www.books.hse.gov.uk/MSD-Assessment-Tool) | **Upper limb disorders in the workplace**  **HSG60**  Available in print and online  [www.hse.gov.uk/pubns/books/hsg60.htm](http://www.hse.gov.uk/pubns/books/hsg60.htm)  9780717619788 | Same as above |
| Display screen  equipment  (DSE) | **Working with display screen equipment (DSE): A brief guide**  **INDG36**  Available in print and online  [www.hse.gov.uk/pubns/indg36.htm](http://www.hse.gov.uk/pubns/indg36.htm)  9780717664726  **Working with Display screen equipment (DSE) at home**  [www.hse.gov.uk/msd/dse/home-working.htm](http://www.hse.gov.uk/msd/dse/home-working.htm)  **NEW! Good posture when using display screen equipment**  [www.hse.gov.uk/msd/dse/good-posture.htm](http://www.hse.gov.uk/msd/dse/good-posture.htm) | **Display screen equipment (DSE) workstation checklist CK1**  Available in print and online  [www.hse.gov.uk/pubns/ck1.htm](http://www.hse.gov.uk/pubns/ck1.htm)  9780717665211 | **Work with display screen equipment.**  **Health and Safety (DSE) Regulations**  **1992. Guidance on Regulations as**  **amended by the Health and Safety**  **(Miscellaneous Amendments)**  **Regulations 2002 L26**  Available in print and online  [www.hse.gov.uk/pubns/books/l26.htm](http://www.hse.gov.uk/pubns/books/l26.htm)  9780717625826 |  |
| Homeworkers | **Homeworking The basics for employers**  [www.hse.gov.uk/home-working/index.htm](http://www.hse.gov.uk/home-working/index.htm) | **Working with Display screen equipment (DSE) at home**  [www.hse.gov.uk/msd/dse/home-working.htm](http://www.hse.gov.uk/msd/dse/home-working.htm) |  |  |