

The Manual Handling Operations Regulations 1992

PREVENT INJURIES WITH SAFE LIFTING
RULES FOR SAFE LIFTING



1. Assess the load first. Make sure work area is clear from hazards.



2. Keep back upright in a natural way, bend the knees, stand close to load and spread feet, DO NOT twist trunk.



3. Raise the head, lift using your legs, grasp the load firmly, arms close to body.



4. Hold close to centre of body when stable, make sure work area is clear from hazards.

Manual Handling Regulations 199

Camilla Rothe



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