

# The Manual Handling Operations Regulations 1992

## PREVENT INJURIES WITH SAFE LIFTING

### CAN MOVING THE LOAD BE AVOIDED ?

IF NOT :-

#### EXAMINE THE OBJECT

- Check weight, centre of gravity, stability.
- Are there any sharp edges ?
- Check with your supervisor.

#### PLAN THE TASK

- Consult your supervisor.
- Plan a route free from tripping or slipping hazards.
- Provide opportunities for rest and recovery.
- Know where to unload.

#### GET A GOOD GRIP

- Decide in advance how to hold the load.
- Grasp firmly and with both hands.
- Attain a good posture.
- Are you wearing suitable gloves ?
- Watch your fingers.

#### GET HELP

- Can mechanical aid be used ?
- Can someone else be of assistance ?
- Rotate the task.

#### ARE YOU WEARING THE RIGHT EQUIPMENT ?

- Protective gloves.
- A hard hat.
- Eye protection.
- Overalls/durable clothing.
- Protective footwear/son-slip.

### 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 Operations Regulations Legislation

**Jin-Ying Zhang**



## **Manual Handling Operations Regulations Legislation:**

The book delves into Manual Handling Operations Regulations Legislation. Manual Handling Operations Regulations Legislation is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Manual Handling Operations Regulations Legislation, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Manual Handling Operations Regulations Legislation
    - Chapter 2: Essential Elements of Manual Handling Operations Regulations Legislation
    - Chapter 3: Manual Handling Operations Regulations Legislation in Everyday Life
    - Chapter 4: Manual Handling Operations Regulations Legislation in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Manual Handling Operations Regulations Legislation. The first chapter will explore what Manual Handling Operations Regulations Legislation is, why Manual Handling Operations Regulations Legislation is vital, and how to effectively learn about Manual Handling Operations Regulations Legislation.
  3. In chapter 2, the author will delve into the foundational concepts of Manual Handling Operations Regulations Legislation. The second chapter will elucidate the essential principles that need to be understood to grasp Manual Handling Operations Regulations Legislation in its entirety.
  4. In chapter 3, this book will examine the practical applications of Manual Handling Operations Regulations Legislation in daily life. The third chapter will showcase real-world examples of how Manual Handling Operations Regulations Legislation can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Manual Handling Operations Regulations Legislation in specific contexts. The fourth chapter will explore how Manual Handling Operations Regulations Legislation is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Manual Handling Operations Regulations Legislation. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Manual Handling Operations Regulations Legislation.

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