

# 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 with both hands.  
Attain a good posture.  
Are you wearing suitable gloves ?  
Watch your fingers.

## GET HELP

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

## ARE YOU WEARING THE CORRECT EQUIPMENT ?

Protective gloves  
A hard hat  
Eye protection  
Overalls/durable clothing.  
Protective, non slip footwear.

## RULES FOR SAFE LIFTING



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



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



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



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

# Manual Handling Regs 199

**Great Britain**



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