

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/non-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 1992 Guidance

Kathleen Armour



Manual Handling Operations Regulations 1992 Guidance:

Enjoying the Track of Appearance: An Mental Symphony within **Manual Handling Operations Regulations 1992 Guidance**

In a world used by monitors and the ceaseless chatter of instantaneous connection, the melodic splendor and psychological symphony created by the prepared term frequently fade in to the backdrop, eclipsed by the persistent noise and interruptions that permeate our lives. But, nestled within the pages of **Manual Handling Operations Regulations 1992 Guidance** a marvelous literary prize overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this captivating masterpiece conducts viewers on a psychological trip, skillfully unraveling the concealed songs and profound influence resonating within each cautiously constructed phrase. Within the depths of this touching analysis, we shall investigate the book is main harmonies, analyze its enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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