

What you need to know about.....



MANUAL HANDLING

Manual Handling Regulations 1992

The additional responsibilities placed on employers with regard to manual handling and lifting came into effect on 1st January 1993, under the Health & Safety Act 1974.

ASSESSING & UNDERSTANDING

- 1 Recognise potential hazards
- 2 Understand unfamiliar handling operations
- 3 Know how to use handling aids
- 4 Use personal protective equipment
- 5 Appreciate environmental factors contribute to safety
- 6 Be a good housekeeper
- 7 Realise your own capacity

CHECKS TO PERFORM

- 1 **DANGERS** - Are there any sharp corners, nails etc?
- 2 **BALANCE** - Is the load stable enough to grip & lift?
- 3 **PLANNING** - Is your route clear with no obstructions?
- 4 **REST** - Are you able to have a rest if needed?
- 5 **DESTINATION** - Do you know where you are going to?
- 6 **PROTECTION** - Are you wearing appropriate PPE?

Good Technique

1



PLAN

THINK and PLAN

2



POSITION

Place the feet apart keeping the leading leg on the forward side to counterbalance the load. Elongate and stabilise the feet. Grip a firm grip and hook the fingers and place over the load to secure.

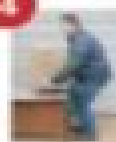
3



LIFT

Use your legs to lift the load. On each joint, keep movements smooth and keep in control of the load.

4



MOVE

Move your feet and don't twist the trunk when moving. Place the heaviest part of the load against the body.

5



PLACE

Put the load in its desired place and leave space to it needed. Think into a specific position if it is necessary.



This poster is for guidance purposes only and should not be used as a replacement

for formal Manual Handling training.

If you are interested in Manual Handling training then please contact your local training provider.

Manual Handling Legislation Summary

Michael Mandelstam



Manual Handling Legislation Summary:

Manual Handling in Health and Social Care Michael Mandelstam, 2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety **The Essential Guide for Newly Qualified**

Occupational Therapists Ruth Parker, Julia Badger, 2018-04-19 This is the occupational therapist's essential guide to transitioning smoothly to practice including models and advice for working in diverse contexts from adult social care to paediatric health care It is full of helpful tips for coping with the organisational and emotional challenges of the job and securing positive relationships for success *Occupational Health & Safety Solutions* Ian Bollans, David Preece, 2024-05-31 Health and safety legislation places significant responsibilities on employers and managers to protect the health and safety of their workers but the subject area is seen as both complex and technical in nature often requiring the input of professionals This book dispels these myths by taking a unique approach allowing somebody with little or no knowledge of the subject to understand their legal duties and then take a practical step by step approach to control workplace risks and prevent accidents *Occupational Health Safety Solutions Practical Compliance* is a reworking and updating of Jordan Publishing's *Health and Safety Management* published by LexisNexis from 1997 to 2023 The book takes a comprehensive approach by covering the main subject areas of occupational health and safety and is relevant to all types of workplaces It provides enough background knowledge for the reader to understand what the law requires and what needs to be done to achieve compliance with the main emphasis being on practical application Providing the reader with the ability to manage health and safety through a process of flowcharts diagrams and extensive checklists the book draws on the expertise of the authors and current best practice within industry Each chapter sets out a clear practical approach to identifying and managing risks thereby enabling a robust and successful health and safety management system to be established in any workplace The book is written for non safety professionals such as managers and directors who want to discharge and manage their health and safety responsibilities in their workplace without the need to engage a consultant It will also appeal to the safety professional by providing an authoritative guide to current best practice together with the practicalities of managing health and safety risks *Introduction to Health and Safety in Construction* Phil Hughes, Ed Ferrett, 2012-09-10 This NEBOSH endorsed textbook is matched to the latest syllabus of the National Certificate in Construction Safety and Health Within the construction industry the need for specialist health and safety training is high due to the high risks involved This is reflected in recent legislation such as CDM 2007 and explains the consistent demand for courses and learning materials The text is easy to read highly illustrated in full color and supported with checklists report forms and record sheets used currently in the industry Students are supported with end of chapter questions a study skills chapter and specimen assignments including specimen answers As NEBOSH actively grows their qualifications internationally demand for this book and its sister titles

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