

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 Operation Regulation 199

L Reisser



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