

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

Summary

Ian Bollans, David Preece



Manual Handling Operations Regulations 1992 Summary:

Health and Safety in Brief John Ridley, 2004-06-03 In plain English John Ridley guides the reader through Health and Safety legislation and explains how to comply with it in practical terms. The text is clearly laid out distinguishing between bulleted summaries of legislative requirements and the author's advice and commentary. By condensing the fundamental contents of the author's acclaimed *Safety at Work* into a practical and affordable volume *Health and Safety in Brief* has established itself as a valuable handbook for safety representatives and managers as well as an essential aide mmoire for students on the following courses: NEBOSH National Certificate and Diploma in Occupational Safety and Health, IOSH Working Safely and Managing Safely, CIEH Advanced Certificate in Health Safety in the Workplace, British Safety Council Certificate in Safety Management, NVQs in Occupational Safety and Health. New in this edition: The effects of the Woolf Report reforms on UK law; Changes in UK law as a result of EU directives affecting the Chemical Hazard Information and Packaging for Supply Regulations and Control of Substances Hazardous to Health Regulations; EU led changes in regulations concerning asbestos, lead and explosive atmospheres and the new EU exposure limits; New accident reporting procedure.

Health and Safety in Brief John R. Ridley, 2001 Now the fundamental contents of the acclaimed *Safety At Work* are presented here in a user friendly format suitable for readers whose roles demand knowledge and competence in health and safety practice. This will include students for the NEBOSH National General Certificate examinations and the IOSH Managing Safely and Working Safely awards. However *Health and Safety 2nd Edition* also encompasses other readers whose roles demand a level of knowledge and competence in health and safety practice including human resources managers, office and site managers and all line staff with health and safety responsibilities. *Health and Safety In Brief 2nd Edition* will prove to be as indispensable as its predecessor to a much wider audience and as such will be an invaluable addition to the bookshelves of anyone working within the field of safety at work. Thoroughly updated to cover all the latest Health and Safety legislation. All the information you'll ever need from the foremost name in the field. *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 continues to increase overseas. High growth markets are the Middle East, Malaysia, India and China. **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

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Research ,2004 Papers Read Before the Fertiliser Society Fertiliser Society,1994 No 21 Porter J J The manufacture of triple superphosphate 1953 **Proceedings** ,1993 *Employment Gazette* ,1993 **Manual Handling** Great Britain, Health and Safety Executive Staff,Great Britain. Health and Safety Executive,2016-09 *Bargaining Report* ,1996 *Safety and Health at Work, ILO-CIS Bulletin* ,1998 **Primary ICT** Jane Sharp,2002 This book helps trainee and newly qualified teachers to familiarise themselves with ICT and its uses in the primary classroom ICT support for teaching and learning within the core subjects is discussed together with ethical issues and health and safety legislation associated with its use and methods for improving teachers own professional development Each chapter includes guided activities and links with recent research as well as clear links with the Professional Standards for QTS the pupils National Curriculum and the Schemes of Work for ICT at Key Stages 1 and 2 **Union Review** ,1997 **Employment Law** Helen Desmond,David Antill,1998 This textbook provides a description of employment law in operation covering the basic principles and concepts of the core areas and placing them in the wider social and political framework It includes coverage of the Employment Rights Act 1996 and of all major legislative and case law developments Diagrams and flow charts illustrate the operation of complex principles The text also examines policy issues with relation to the present law and evaluates proposals for reform Health and Safety in Construction Design Brian Thorpe,2005 Statistics suggest that in the majority of major accidents across a range of industries the root causes can be traced back before anybody actually started work These include effective research development specification and planning In construction much of the time at the beginning of any project is usually involved with design which makes the designer s role one of the most influential health and safety roles in the whole process Health and Safety in Construction Design is a highly practical guide to help any designer understand the implications of health and safety legislation for their role in a project Brian Thorpe also offers a realistic plan to help adopt a health and safety culture in the design process This means using the people experience and information to assess and eliminate risk and where this is not possible to reduce and communicate risk in such a way that contractors sub contractors site visitors even the people using the finished building are able to avoid accidents **Bibliography of Nautical Books** Alan Obin,2000-02 This is the 15th annual edition of the Bibliography of Nautical Books a reference guide to over 14 000 nautical publications It deals specifically with the year 2000

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