

Manual Handling Safety Techniques



Feet ✓
Posture ✓
Grip ✓
Lift ✓

Plan Ahead

- Ensure you know where you are going
- Be aware of what you are lifting
- Consider your options
- Use any aids available that will help
- Ask for help if you need it
- Remove any obstructions in advance

1. Feet



- Wear suitable footwear
- Place your feet apart to give you more stability
- Place one foot slightly ahead of the other in the direction of travel

2. Posture



- Keep the spine in its normal alignment
- Bend from the knees, but make sure not to over-flex them
- Keep the shoulders and knees in normal alignment
- Keep the shoulders level

3. Grip



- Ensure you have a secure grip
- Check for suitable handholds and use them
- Consider if the load is likely to slip at all
- Keep your arms within the boundary of the body
- Use manual handling gloves to improve grip

4. Lift



- Make the movement as smooth and consistent as possible
- Use your legs for power
- Keep the load close to the body
- Keep the heaviest parts of the load closest to you
- Use your feet to turn, rather than twisting your body

Manual Handling Guidance

A. Mital



Manual Handling Guidance:

Manual Handling Great Britain, Health and Safety Executive Staff, Great Britain. Health and Safety Executive, 2016-09

Getting to Grips with Manual Handling, 2002 Getting to Grips with Manual Handling A Short Guide for Employers

Manual Handling: Guidance on Regulations. (Hse Six Pack L23). Health & Safety Executive, 1997 Ultimate Guide to Manual Handling Lee Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way

Manual Handling at Work GREAT BRITAIN: HEALTH AND SAFETY EXECUTIVE., 2012-11

Getting to Grips with Manual Handling, 2004-01 Offers guidance on the problems associated with manual handling and sets out best practice in dealing with them This title is suitable for managers of small firms or similar organisations

Guidance on the Management of Manual Handling in the Workplace Ireland. Health and Safety Authority, 2005

Manual Handling Sara Thomas, 2006 **Usability of Manual Handling Guidance** K. M. Tesh, Institute of Occupational Medicine, 1992

Manual Handling in Health and Social Care, Second Edition Michael Mandelstam, 2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases Manual Handling Health and Safety Executive, 1992

Second Evaluation of the Manual Handling Operations Regulations (1992) and Guidance Health And Safety Executive Staff, Rebecca Lancaster, Andrew Alder, Catherine Jacobson Maher, Entec UK Limited, Great Britain. Health and Safety Executive, Entec, 2001-06-11 Manual handling is a major cause of injury and ill health in the workplace To implement the European Directive on the manual handling of loads 90 269 EEC the Manual Handling Operations Regulations 1992 MHOR were introduced from 1 January 1993 A first evaluation study of the impact of the Regulations in 1996 found employers had accepted the need to control risks associated with manual handling and they found the ergonomic approach adopted by the Regulations to be an appropriate means of doing this

Usability of Manual Handling Guidance K. M. Tesh, A. M. Symes, R. A. Graveling, Institute of Occupational Medicine (Edinburgh, Scotland), 1992

Manual handling, 1996 **Guidance on Training in the Manual Handling of Loads** Ireland. Health and Safety Authority, 1995

Guide to Manual Materials Handling A. Mital, 2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person s

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Guidance on Manual Handling in Physiotherapy, 2008 *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

Manual handling Great Britain. Forestry Commission, Health and Safety Commission, 1992

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