

# MANUAL HANDLING THE LAW

## PROMOTE INDEPENDENCE



### WHAT IF THE DEFINITION OF MANUAL HANDLING?

The transportation or supporting of a load (including lifting, putting down, pushing, pulling, carrying or moving) by hand or by bodily force.

The term 'load' includes objects, people and animals.

## MANUAL HANDLING OPERATIONS REGULATIONS 1992

Employer duties:

**AVOID  
ASSESS  
REDUCE  
REVIEW**



## HEALTH AND SAFETY AT WORK ACT 1974

Employer duties:

## LIFTING OPERATIONS AND LIFTING EQUIPMENT REGULATIONS 1998

Employer duties:



### PRINCIPLES OF SAFE LIFTING

Check size, shape and weight of the load  
Is your route free of hazards?  
Keep a stable base and spine in natural shape  
Keep load close to your body  
Do not bend or twist  
Power lift with leg muscles and bend knees  
not back to put the load down



# Manual Handling Legislation Uk

**Helen Lingard**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name 'Helen Lingard'.

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