

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. Breathe and abdominal muscles. Grip a firm grip and hook the fingers and place your feet to return.

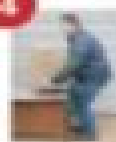
3



### 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. Breathe, 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 Legislative Requirements

**AW Chickering**



## **Manual Handling Legislative Requirements:**

## **Manual Handling Legislative Requirements** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Manual Handling Legislative Requirements**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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