

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. Bumpers and shoulders level. Grip a firm grip and hook the fingers and place both the feet in square.

3



LIFT

Use your legs to lift the load. On each joint, keep movements smooth and keep in control of the load.

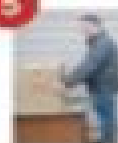
4



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 needed. 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

Kathleen Armour



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Table of Contents Manual Handling Legislative Requirements

1. Understanding the eBook Manual Handling Legislative Requirements
 - The Rise of Digital Reading Manual Handling Legislative Requirements
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Handling Legislative Requirements
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Handling Legislative Requirements
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Handling Legislative Requirements
 - Personalized Recommendations
 - Manual Handling Legislative Requirements User Reviews and Ratings
 - Manual Handling Legislative Requirements and Bestseller Lists
5. Accessing Manual Handling Legislative Requirements Free and Paid eBooks
 - Manual Handling Legislative Requirements Public Domain eBooks
 - Manual Handling Legislative Requirements eBook Subscription Services

- Manual Handling Legislative Requirements Budget-Friendly Options
- 6. Navigating Manual Handling Legislative Requirements eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Handling Legislative Requirements Compatibility with Devices
 - Manual Handling Legislative Requirements Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Handling Legislative Requirements
 - Highlighting and Note-Taking Manual Handling Legislative Requirements
 - Interactive Elements Manual Handling Legislative Requirements
- 8. Staying Engaged with Manual Handling Legislative Requirements
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Handling Legislative Requirements
- 9. Balancing eBooks and Physical Books Manual Handling Legislative Requirements
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Handling Legislative Requirements
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Handling Legislative Requirements
 - Setting Reading Goals Manual Handling Legislative Requirements
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Handling Legislative Requirements
 - Fact-Checking eBook Content of Manual Handling Legislative Requirements
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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