

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/son-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.



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