

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/non-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.



Manual Handling Operations Regulations 1992 Wiki

Gregory R. Ciottone



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Occupational Therapy for People Experiencing Illness, Injury or Impairment E-Book (previously entitled Occupational Therapy and Physical Dysfunction) Michael Curtin, Mary Egan, Jo Adams, 2016-12-16 The sixth edition of this classic book remains a key text for occupational therapists supporting their practice in working with people with physical impairments stimulating reflection on the knowledge skills and attitudes which inform practice and encouraging the development of occupation focused practice Within this book the editors have addressed the call by leaders within the profession to ensure that an occupational perspective shapes the skills and strategies used within occupational therapy practice Rather than focusing on discrete diagnostic categories the book presents a range of strategies that with the use of professional reasoning can be transferred across practice settings The new editors have radically updated the book in response to the numerous internal and external influences on the profession illustrating how an occupational perspective underpins occupational therapy practice A global outlook is intrinsic to this edition of the book as demonstrated by the large number of contributors recruited from across the world Covers everything the student needs within the physical disorders part of their course Links theory of principles to practice and management Written and edited by a team of internationally experienced OT teachers clinicians and managers Gives key references and further reading lists for more detailed study Written within a framework of lifespan development in line with current teaching and practice Includes practice scenarios and case studies Focuses on strategies New title echoes the contemporary strength based and occupation focused nature of occupational therapy practice which involves working with people and not medical conditions and diagnoses Content and structure reviewed and shaped by an international panel of students new graduates 22 additional chapters 100 expert international contributors Evolve Resources evolve elsevier com Curtin OT contains 3 bonus interactive practice stories with reflective videos 360 MCQs 200 reflective questions 250 downloadable images Critical discussion of the ICF in the context of promoting occupation and participation Pedagogical features summaries key points and multiple choice and short answer reflective questions

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