

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 with both hands.
Attain a good posture.
Are you wearing suitable gloves ?
Watch your fingers.

GET HELP

Can mechanical help be used ?
Can someone else be of assistance ?
Rotate the task.

ARE YOU WEARING THE CORRECT EQUIPMENT ?

Protective gloves
A hard hat
Eye protection
Overalls/durable clothing.
Protective, non slip footwear.

RULES FOR SAFE LIFTING



1

Assess the load first.
Make sure the work area
is clear from hazards



2

Keep back upright in a natural way,
bend the knees, stand close to the load
and spread the feet.
DO NOT twist trunk.



3

Raise the head, lift using your legs,
grasp the load firmly,
arms close to the body.



4

Hold close to centre of body where able,
make sure work area is clear from hazards.

Manual Handling Operation Regulations

ML Yell



Manual Handling Operation Regulations:

Decoding **Manual Handling Operation Regulations**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Manual Handling Operation Regulations**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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