

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.

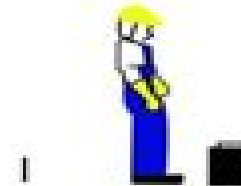
GET HELP

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 Regulations List

David Kirk

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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Manual Handling in Health and Social Care Michael Mandelstam, 2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety

Occupational Health & Safety Solutions Ian Bollans, David Preece, 2024-05-31 Health and safety legislation places significant responsibilities on employers and managers to protect the health and safety of their workers but the subject area is seen as both complex and technical in nature often requiring the input of professionals This book dispels these myths by taking a unique approach allowing somebody with little or no knowledge of the subject to understand their legal duties and then take a practical step by step approach to control workplace risks and prevent accidents Occupational Health Safety Solutions Practical Compliance is a reworking and updating of Jordan Publishing's Health and Safety Management published by LexisNexis from 1997 to 2023 The book takes a comprehensive approach by covering the main subject areas of occupational health and safety and is relevant to all types of workplaces It provides enough background knowledge for the reader to understand what the law requires and what needs to be done to achieve compliance with the main emphasis being on practical application Providing the reader with the ability to manage health and safety through a process of flowcharts diagrams and extensive checklists the book draws on the expertise of the authors and current best practice within industry Each chapter sets out a clear practical approach to identifying and managing risks thereby enabling a robust and successful health and safety management system to be established in any workplace The book is written for non safety professionals such as managers and directors who want to discharge and manage their health and safety responsibilities in their workplace without the need to engage a consultant It will also appeal to the safety professional by providing an authoritative guide to current best practice together with the practicalities of managing health and safety risks

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The Preparation and Care of Mailing Lists William Kenneth Page, 1914

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Manual Including Assessment Laws with Questions and Answers Relating Thereto ,1919 **Retailers Manual of Laws and Regulations** ,1963 Legal Aspects of Midwifery Bridgit Dimond,1994 Provides an account of the law as it relates to midwifery It is illustrated with cases and practical situations so that the practitioner can understand the legal framework as it relates to the midwife and as it relates to the rights of the client Everyday Freight Rules and Tariff Manual Applicable to Interstate Traffic ... ,1910 **Irish Law Times** ,1995 *Training Program for Elevator, Telephone, and Directory Service* University of Pittsburgh. Research Bureau for Retail Training,1927 **West Virginia Legislative Hand Book and Manual and Official Register** ,1918 **Bagley's Nashua, N.H., Pocket Manual & Business Directory, of the Inhabitants, Institutions, Business Firms, Societies, Postal Information, Etc., Etc., 1887-88** ,1887 **State Manual of the Courses of Study for the Elementary Schools** Oregon. Office of Superintendent of Public Instruction,1929
ULD Handling Guide International Air Transport Association,1983

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