

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 Guidance

Peter Ellis, Jaan Stanton



Manual Handling Operations Regulations 1992 Guidance:

Manual handling ,1996 *Manual Handling* Great Britain, Health and Safety Executive Staff,Great Britain. Health and Safety Executive,2016-09 **Manual Handling** ,2004 *Manual Handling* Great Britain. Health and Safety Executive,1998 *Second Evaluation of the Manual Handling Operations Regulations (1992) and Guidance* Health And Safety Executive Staff,Rebecca Lancaster,Andrew Alder,Catherine Jacobson Maher,Entec UK Limited,Great Britain. Health and Safety Executive,Entec,2001-06-11 Manual handling is a major cause of injury and ill health in the workplace To implement the European Directive on the manual handling of loads 90 269 EEC the Manual Handling Operations Regulations 1992 MHOR were introduced from 1 January 1993 A first evaluation study of the impact of the Regulations in 1996 found employers had accepted the need to control risks associated with manual handling and they found the ergonomic approach adopted by the Regulations to be an appropriate means of doing this *Manual Handling* Health and Safety Commission,1992 **Manual Handling** Great Britain. Health and Safety Executive,1992 Manual handling causes large numbers of injuries each year This guide gives advice on new regulations which replace the old legislation with a modern ergonomic approach For the purposes of risk assessment and this guidance manual handling includes lowering pushing pulling moving of lifting loads whether by hand or by other bodily force Manual Handling ,1998 **Manual Handling** Health and Safety Executive (HSE),2004-01 Offers guidance on the Manual Handling Operations Regulations 1992 as amended by the Health and Safety Miscellaneous Amendments Regulations 2002 the Regulations **Manual Handling Operations Regulations 1992 and HSAC's Guidance on Manual Handling in the Health Services** ,1992* **Health and Safety Enforcement** Richard A. Matthews (barrister.),Richard Matthews QC,James Ageros,2010-10-21 This publication provides a practical and comprehensive guide to the key issues in this growing area of the law This edition contains expanded coverage of judicial review and abuse of process reasonable practicability disclosure case management funding and the Corporate Manslaughter Act *Facilities Manager's Desk Reference* Jane M. Wiggins,2020-12-07 A practical guide to the principle services of facilities management revised and updated The updated third edition of Facilities Manager s Desk Reference is an invaluable resource covering all the principal facility management FM services The author a noted facilities management expert provides the information needed to ensure compliance to current laws to deliver opportunities to adopt new ways of using built environments and to identify creative ways to reduce operational occupancy costs while maintaining appropriate and productive working environment standards The third edition is fully updated and written in an approachable and concise format It is comprehensive in scope the author covering both hard and soft facilities management issues Since the first edition was published it has become a first point of reference for busy facilities managers saving them time by providing access to the information needed to ensure the safe effective and efficient running of any facilities function This important book Has been fully updated reviewing the essential data covering the principal FM services Is highly practical

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Health and Safety Pocket Book Garry Hunt, 2018-03-09 The second edition of the Health and Safety Pocket Book has been fully revised and updated to include all the relevant legal HSE ACoP Guidance and practice references It remains a handy reference tool for practising health and safety professionals auditors managers HR personnel employee representatives and anyone with health and safety responsibilities The book is an essential compilation of guidance data and checklists covering a wide range of health and safety topics supported by extensive key glossary terms The A Z arrangement within the chapters and extensive cross referencing make it easy to navigate while its size and scope make it the ideal volume for ready reference and site visits The book will also be useful for health and safety courses at all levels Key features include The principal health and safety legal requirements for every industry Safety management elements and systems Checklists for major hazards affecting all industries A wealth of charts hard to remember details and data A glossary of the main concepts of health and safety A list of important health and safety courses publications and organisations Revision tips for key examination themes

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Alan Glasper, Gillian McEwing, John E. Richardson, 2018-01-16 Supported by a companion skills volume and website Foundation Studies for Caring is a comprehensive introductory text for all health professionals which maps directly on to the key skills framework Taking a student centred learning and interprofessional approach it is the most inclusive and engaging theory text in the market

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Laser Safety Management Ken Barat, 2017-12-19 An effective laser safety program can mean big savings in time money effort and most importantly human well being It can improve the quality of your research program your organization s reputation and ultimately improve your bottom line Based on the extensive experience of active Laser Safety Officer Kenneth Barat Laser Safety Management provides practical tools for successfully implementing a laser safety program in any environment The book defines the three elements of laser safety users the laser safety officer and incidental personnel It covers the types of laser injuries standard operating procedures to ensure safety tips and tools to avoid pitfalls training control measures and personal protection equipment The author explores the laser safety officer position and delineates the required elements of effective SOPs He also discusses non beam hazards includes practical control examples and sample forms and covers U S and European regulations and standards Taking a pedagogical approach the book covers not only how to avoid accidents but how to investigate them if they do occur It includes a sample safety program designed to evaluate your current safety plan and act as a roadmap for where you need to be and how to get there Filled with common sense solutions for laser safety issues the book makes setting up a safety program practically painless

The Handbook of Health and Safety Practice Jeremy W. Stranks, 2005 The seventh edition has been fully updated in line with current legislation and recent thinking in the field It incorporates both legal and practical concerns and is allied closely to the syllabi of NEBOSH IOSH and the CIEH examinations

Load Handling in the Workplace Trevor Boulding, Graham Smith, 1994

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