

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.

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Lei Huang

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

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Table of Contents Manual Handling Regs 199

1. Understanding the eBook Manual Handling Regs 199
 - The Rise of Digital Reading Manual Handling Regs 199
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Handling Regs 199
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Handling Regs 199
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Handling Regs 199
 - Personalized Recommendations
 - Manual Handling Regs 199 User Reviews and Ratings

- Manual Handling Regs 199 and Bestseller Lists
- 5. Accessing Manual Handling Regs 199 Free and Paid eBooks
 - Manual Handling Regs 199 Public Domain eBooks
 - Manual Handling Regs 199 eBook Subscription Services
 - Manual Handling Regs 199 Budget-Friendly Options
- 6. Navigating Manual Handling Regs 199 eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Handling Regs 199 Compatibility with Devices
 - Manual Handling Regs 199 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Handling Regs 199
 - Highlighting and Note-Taking Manual Handling Regs 199
 - Interactive Elements Manual Handling Regs 199
- 8. Staying Engaged with Manual Handling Regs 199
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Handling Regs 199
- 9. Balancing eBooks and Physical Books Manual Handling Regs 199
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Handling Regs 199
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Handling Regs 199
 - Setting Reading Goals Manual Handling Regs 199
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Handling Regs 199
 - Fact-Checking eBook Content of Manual Handling Regs 199
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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