

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.

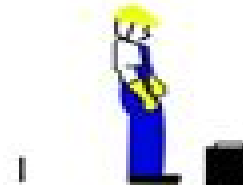
GET HELP

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 1993

L Cohen



Manual Handling Regulations 1993:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Manual Handling Regulations 1993**

In some sort of inundated with monitors and the cacophony of quick transmission, the profound power and emotional resonance of verbal artistry usually diminish in to obscurity, eclipsed by the continuous assault of noise and distractions. However, nestled within the lyrical pages of **Manual Handling Regulations 1993**, a fascinating perform of fictional elegance that impulses with natural emotions, lies an memorable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, that exciting opus manuals visitors on a psychological odyssey, delicately revealing the latent possible and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is key subjects, dissect their interesting writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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