

# WHAT YOU NEED TO KNOW

## Manual Handling Operations Regulations 1992

These regulations (revised in 1998 and updated in 2004) place duties upon the employer to ensure that employees avoid hazardous manual handling operations so far as reasonably practicable. Employers should assess unavoidable manual handling operations and take steps to reduce the risk of injury from such operations as is reasonable practicable.



Establish if the lift be avoided or if you can you use a mechanical aid to lift or move the load. If not:

### 1. Assess the load

Ensure you know what you are lifting, where it is to go and its weight. Be aware of awkward shapes or unbalanced loads.

### 2. Personal limitations

Know the limit of your own ability. Ask for help if needed.



### 3. Stance

If lifting alone face the direction of travel. Stand over the load, feet shoulder width apart and one slightly in front of the other. Bend your knees whilst keeping your back straight.

### 4. Proper Grip

Ensure you have a firm grip of the load, using the palms of your hands and the roots of the fingers. Never lift with the finger tips!



### 5. Body Position

Keep your arms close to your body, ensuring your legs take the weight of the load and not your arms. Tuck your chin to your chest, this helps keep the back straight.

### 6. Lifting

Use your legs to lift both your upper body and the load, ensuring you keep your back straight and the load close to your body.



### 7. Moving

Keep the load close to your body. Without twisting the trunk, use your legs to move the load.

### 8. Co-ordinated Lifting

If the load is unsafe to be lifted by one person, co-ordinate the lift with a colleague, ensuring the above techniques are followed.

# Manual Handling Operations Regulations

**Great Britain. Health and Safety  
Executive**



## **Manual Handling Operations Regulations:**

**Manual Handling** ,2004      **Manual Handling Operations Regulations 1992** Great Britain. Health and Safety Executive,1993      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,1998 This publication is aimed at employers and employees across all industries It gives revised guidance on the Manual Handling Operations Regulations 1992      **Manual Handling** ,1998      **Manual handling** ,1996      **Manual Handling Operations Regulations 1992** ,1994      **A Practical Guide to Beauty Therapy for NVQ Level 2** Janet Simms,1998 Places an emphasis on the development of practical beauty skills guiding students through the course with clear explanations illustrations and practice tips This title contains chapters on professional roles and responsibilities including health hygiene and safety It also covers cosmetic skin and nail disorders in full colour      Manual Handling Great Britain. Health and Safety Executive,1992 This publication is aimed at employers and employees across all industries It gives revised guidance on the Manual Handling Operations Regulations 1992      Manual Handling in Health and Social Care, Second Edition Michael Mandelstam,2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases      *Beauty Therapy Fact File* Susan Cressy,2004 This edition has been updated to cover new trends and includes the underpinning knowledge for the skills you will need in your practice as a beauty therapist Covering areas such as nutrition and lifestyle and spa treatments as well as all the main therapies this book will support you in your day to day work The anatomy and physiology section has been completely revised to include extensive diagrams of all body systems back cover      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      **Health and Safety** Great Britain,Stationery Office, The,Great Britain. Department of Health,1992-01-01      *S/NVQ Level 1 Introducing Beauty Therapy* Samantha Taylor,2004 Including step by step instructions and lots of activities to help students build their portfolio this introduction to beauty therapy continually tests knowledge and understanding so that

candidates can develop the skills they need to achieve success at S NVQ level 1      BTEC National Sport George Caplan, 2007-07 Matches Edexcel's specification which will apply from September 2007 and includes the core units for the Development Coaching and Fitness and Performance and Excellence pathways      **Manual Handling (operations Regulations 1992).** HSE., 2004      **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      **Clay's Handbook of Environmental Health** Stephen Battersby, 2016-07-01 Clay's Handbook of Environmental Health since its first publication in 1933 has provided a definitive guide for the environmental health practitioner or reference for the consultant or student This 21th edition continues as a first point of reference reviewing the core principles techniques and competencies and then outlining the specialist subjects It has been refocused on the current curriculum of the UK's Chartered Institute of Environmental Health but should also readily suit the generalist or specialist working outside the UK      **Handbook of Human Factors in Litigation** Y. Ian Noy, Waldemar Karwowski, 2004-12-28 Using ergonomics in forensics can help prevent the recurrence of system failures through engineering or administrative controls It can also raise the level of concern among professionals and the public regarding product workplace and service safety due to perceived exposure to liability Even with such a potentially important and broad impact f

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