

Manual Handling Operations Regulations 1992

Under these regulations additional duties are placed on employers to avoid hazardous manual handling operations and take steps to reduce the risk of injury from such operations so far as is reasonably practicable.

8 Steps to Safer Manual Handling:

1. Check the Load

Ensure you know what you are trying to lift and where it is to be carried to. What does it weigh? Is it an awkward shape? Will balance be a factor?

2. Personal Limitations

Know the limit of your own ability. Consider your age, strength, fitness or girth. It does not require a great deal of weight to cause injury through material handling. If in doubt, get help.

3. Get a Proper Grip

Make sure you have a good hand hold. Grip with the palms of the hands and the roots of the fingers. Never lift with the finger tips!

4. Stance

Face the direction of travel if you are lifting alone. Stand over the object with feet shoulder width apart and one foot a little in front of the other. Bend at the knees.

5. Keep Arms Close to Body

Keep the arms close to the body. This ensures that the legs and body take the weight instead of the hands and arms.

6. Keep the Chin In

Before lifting, raise the head slightly and tuck the chin in. This helps to keep the back straight.

7. Body Weight

Be aware of your body weight and how to use it to the best advantage. Use your body as a counterweight to save muscular effort.

8. Co-ordinate effort

Where two or more people are involved in the lift make sure the handling is co-ordinated correctly. Communication and team work are key.



Manual Handling Operations Regulations 1992 In Schools

Victor M. Corman



Manual Handling Operations Regulations 1992 In Schools:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Manual Handling Operations Regulations 1992 In Schools**

In some sort of inundated with displays and the cacophony of instantaneous communication, the profound power and psychological resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the constant barrage of sound and distractions. Yet, situated within the musical pages of **Manual Handling Operations Regulations 1992 In Schools**, a interesting work of fictional elegance that pulses with natural feelings, lies an unique journey waiting to be embarked upon. Penned with a virtuoso wordsmith, this mesmerizing opus courses readers on an emotional odyssey, gently revealing the latent possible and profound impact embedded within the complicated web of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is main subjects, dissect their captivating writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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