What is the law of manual handling to protect employees?

Employers have the legal obligation under the "Manual Handling Operations Regulations 1992" to make a sufficient and suitable assessment of the risk to employees from the manual handling of loads. This is a legal requirement and the Regulations must be complied with.

The Regulations set out a hierarchy of measures that should be followed to reduce the risk from manual handling. These are set out regulation in 4(1) and are as follows;

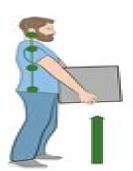
- Avoid manual handling operations so as far as is reasonably practicable
- Assess the risk in any manual handling operations that cannot be avoided and reduce the risk of an injury so far as reasonably practicable.

How to lift Heavy Object Safely:

- 1. Make sure you are standing directly in front of the item you wish to lift.
- Check if the item has handles which you could use.
- Know where you are taking the object before you begin.
- 4. Position your feet evenly (shoulder width apart).
- 5. Keep your back straight and stand up tall.
- Tighten your stomach muscles.
- Squat to the floor by bending your knees DO NOT move your upper body.
- 8. Take hold of the object firmly with both hands.
- Distribute the weight evenly make sure you are not unbalanced.
- Keeping the object close to your body, begin to stand up by straightening your legs.
 (This will use your leg muscles and should not put a strain on other areas)
- 11. Stand up slowly and do not move quickly or jerk when you do this.
- You can now walk with the object (but be careful not to twist your body unnecessarily). Take small steps if possible.
- If you are carrying a large object which restricts your view, ask if someone can guide you.
 (This will prevent you from tripping or bumping into objects).
- 14. When placing the item down, bend your knees.
- 15. Remember to keep your back straight as you bend down again.
- Be careful to lower each side of the object to the floor separately- this will avoid trapping your fingers under the weight.











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Thirumalaisamy P. Velavancorresponding



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