

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 and with both hands.
- Attain a good posture.
- Are you wearing suitable gloves ?
- Watch your fingers.

GET HELP

- Can mechanical aid be used ?
- Can someone else be of assistance ?
- Rotate the task.

ARE YOU WEARING THE RIGHT EQUIPMENT ?

- Protective gloves.
- A hard hat.
- Eye protection.
- Overalls/durable clothing.
- Protective footwear/son-slip.

RULES FOR SAFE LIFTING

1. Assess the load first.
Make sure work area is clear from hazards.



2. Keep back upright in a natural way, bend the knees, stand close to load and spread feet. DO NOT twist trunk.



3. Raise the head, lift using your legs, grasp the load firmly, arms close to body.



4. Hold close to centre of body when stable, make sure work area is clear from hazards.



Manual Handling Operations Regulations Legislation

JA Banks



Manual Handling Operations Regulations Legislation:

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Manual Handling Operations Regulations Legislation**

In a global inundated with monitors and the cacophony of fast interaction, the profound energy and mental resonance of verbal beauty frequently diminish into obscurity, eclipsed by the continuous onslaught of noise and distractions. However, situated within the lyrical pages of **Manual Handling Operations Regulations Legislation**, a interesting perform of literary brilliance that impulses with organic emotions, lies an unforgettable trip waiting to be embarked upon. Published by a virtuoso wordsmith, that mesmerizing opus guides readers on an emotional odyssey, gently exposing the latent potential and profound impact stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key themes, dissect their fascinating writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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