## 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

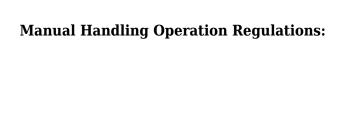
Keep the load close to your body. Without twisting the trunk, use your legs to move the load.

#### 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 Operation Regulations**

**Rachel Sandford** 



This book delves into Manual Handling Operation Regulations. Manual Handling Operation Regulations is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Manual Handling Operation Regulations, encompassing both the fundamentals and more intricate discussions.

- 1. The book is structured into several chapters, namely:
  - Chapter 1: Introduction to Manual Handling Operation Regulations
  - Chapter 2: Essential Elements of Manual Handling Operation Regulations
  - $\circ$  Chapter 3: Manual Handling Operation Regulations in Everyday Life
  - Chapter 4: Manual Handling Operation Regulations in Specific Contexts
  - ∘ Chapter 5: Conclusion
- 2. In chapter 1, this book will provide an overview of Manual Handling Operation Regulations. The first chapter will explore what Manual Handling Operation Regulations is, why Manual Handling Operation Regulations is vital, and how to effectively learn about Manual Handling Operation Regulations.
- 3. In chapter 2, this book will delve into the foundational concepts of Manual Handling Operation Regulations. The second chapter will elucidate the essential principles that must be understood to grasp Manual Handling Operation Regulations in its entirety.
- 4. In chapter 3, the author will examine the practical applications of Manual Handling Operation Regulations in daily life. The third chapter will showcase real-world examples of how Manual Handling Operation Regulations can be effectively utilized in everyday scenarios.
- 5. In chapter 4, the author will scrutinize the relevance of Manual Handling Operation Regulations in specific contexts. This chapter will explore how Manual Handling Operation Regulations is applied in specialized fields, such as education, business, and technology.
- 6. In chapter 5, the author will draw a conclusion about Manual Handling Operation Regulations. The final chapter will summarize the key points that have been discussed throughout the book.
  - This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Manual Handling Operation Regulations.

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