

What you need to know about.....



MANUAL HANDLING

Manual Handling Regulations 1992

The additional responsibilities placed on employers with regard to manual handling and lifting came into effect on 1st January 1993, under the Health & Safety Act 1974.

ASSESSING & UNDERSTANDING

- 1 Recognise potential hazards
- 2 Understand unfamiliar handling operations
- 3 Know how to use handling aids
- 4 Use personal protective equipment
- 5 Appreciate environmental factors contribute to safety
- 6 Be a good housekeeper
- 7 Realise your own capacity

CHECKS TO PERFORM

- 1 **DANGERS** - Are there any sharp corners, nails etc?
- 2 **BALANCE** - Is the load stable enough to grip & lift?
- 3 **PLANNING** - Is your route clear with no obstructions?
- 4 **REST** - Are you able to have a rest if needed?
- 5 **DESTINATION** - Do you know where you are going to?
- 6 **PROTECTION** - Are you wearing appropriate PPE?

Good Technique

- 1 PLAN**
THINK and PLAN
A person in a blue uniform stands upright, looking down at a box on the floor, preparing to lift it.
- 2 POSITION**
Place the feet apart keeping the leading leg on the forward side to counterbalance the load. Breathe and abdominals tight. Grip a firm grip and hook the fingers and place both the feet in stance.
A person in a blue uniform is in a low, wide stance, preparing to lift a box.
- 3 LIFT**
Use your legs to lift the load. On each joint, keep movements smooth and keep in control of the load.
A person in a blue uniform is lifting a box from the floor, using their legs to push up.
- 4 MOVE**
Move your feet and don't twist the trunk when moving. Place the heaviest part of the load against the body.
A person in a blue uniform is moving a box, keeping it close to their body.
- 5 PLACE**
Put the load in the desired place and leave space to it needed. Think into a specific position if it is necessary.
A person in a blue uniform is placing a box on a surface, ensuring it is stable.



Manual Handling Regulations 199

JG Myers



Manual Handling Regulations 199:

Adopting the Tune of Expression: An Mental Symphony within **Manual Handling Regulations 199**

In a world consumed by monitors and the ceaseless chatter of quick interaction, the melodic splendor and psychological symphony developed by the published term usually fade into the background, eclipsed by the relentless noise and distractions that permeate our lives. But, set within the pages of **Manual Handling Regulations 199** a marvelous fictional treasure filled with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that interesting masterpiece conducts visitors on an emotional trip, well unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths of the touching evaluation, we shall explore the book is key harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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