

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.



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PT Brinkman

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Table of Contents Manual Handling Legislation U K

1. Understanding the eBook Manual Handling Legislation U K
 - The Rise of Digital Reading Manual Handling Legislation U K
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Handling Legislation U K
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Handling Legislation U K
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Handling Legislation U K
 - Personalized Recommendations
 - Manual Handling Legislation U K User Reviews and Ratings
 - Manual Handling Legislation U K and Bestseller Lists
5. Accessing Manual Handling Legislation U K Free and Paid eBooks
 - Manual Handling Legislation U K Public Domain eBooks
 - Manual Handling Legislation U K eBook Subscription Services

- Manual Handling Legislation U K Budget-Friendly Options
- 6. Navigating Manual Handling Legislation U K eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Handling Legislation U K Compatibility with Devices
 - Manual Handling Legislation U K Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Handling Legislation U K
 - Highlighting and Note-Taking Manual Handling Legislation U K
 - Interactive Elements Manual Handling Legislation U K
- 8. Staying Engaged with Manual Handling Legislation U K
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Handling Legislation U K
- 9. Balancing eBooks and Physical Books Manual Handling Legislation U K
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Handling Legislation U K
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Handling Legislation U K
 - Setting Reading Goals Manual Handling Legislation U K
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Handling Legislation U K
 - Fact-Checking eBook Content of Manual Handling Legislation U K
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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