

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 Regulations 1999

DJ Losen



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"Code of Massachusetts regulations, 1999" ,1999 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **Occupational Health and Safety (Manual Handling) Regulations 1999** Victorian WorkCover Authority,1999 **Handbook of Standards and Guidelines in Ergonomics and Human Factors** Waldemar Karwowski,2005-12-16 A comprehensive review of international and national standards and guidelines this handbook consists of 32 chapters divided into nine sections that cover standardization efforts anthropometry and working postures designing manual material human computer interaction occupational health and safety legal protection military human factor standar Occupational Health and Safety (Manual Handling) Regulations 1999 Victoria,1999 *Manual Handling in Health and Social Care, Second Edition* Michael Mandelstam,2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases

Foundations of Nursing Practice Richard Hogston,Barbara Marjoram,2011-04-01 This is the key text for introductory level nursing covering all the core areas Practical and great value it is comprehensive and also contains new chapters on cutting edge topics Alongside an all new companion website this is an outstanding edition for CFP study from a tried and trusted team *Community Care Practice and the Law* Michael Mandelstam,2008-10-01 This text offers a comprehensive up to date guide to community care law and discusses in detail with knowledge and insight into policy and practice offering all the advice needed to provide a better understanding of the new legislation **Health and Safety in Brief** John Ridley,2004-06-03 In plain English John Ridley guides the reader through Health and Safety legislation and explains how to comply with it in practical terms The text is clearly laid out distinguishing between bulleted summaries of legislative requirements and the author s advice and commentary By condensing the fundamental contents of the author s acclaimed Safety at Work into a practical and affordable volume Health and Safety in Brief has established itself as a valuable handbook for safety representatives and managers as well as an essential aide m moire for students on the following courses NEBOSH National Certificate and Diploma in Occupational Safety and Health IOSH Working Safely and Managing Safely CIEH Advanced Certificate in Health Safety in the Workplace British Safety Council Certificate in Safety Management NVQs in Occupational Safety and Health New in this edition The effects of the Woolf Report reforms on UK law Changes in UK law as a result of EU directives affecting the Chemical Hazard Information and Packaging for Supply Regulations and Control of Substances Hazardous to Health Regulations EU led changes in regulations concerning asbestos lead and explosive atmospheres and the new EU exposure limits New accident reporting procedure Preventing Accidents Institute of Leadership & Management,2007-06-07 With forty well structured and easy to follow topics to choose from each workbook

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Health and Safety at Work Jeremy Stranks, 2016-05-03 This practical guide for employers in the UK continues to provide managers with the essential advice on how to establish health and safety procedures in organizations Written in jargon free language Health and Safety at Work cuts through the legal complexities to enable you to fully understand the law and its implications for your business Filled with expert knowledge and written in an accessible style this book equips you with the legal and practical knowledge you need to protect your employees and your business This 10th Edition of the indispensable guide Health and Safety at Work has been updated to comply with all recent changes and additions to Health and Safety law including The Reporting of Injuries Diseases and Dangerous Occurrences Regulations 2013 The Construction Design and Management Regulations 2015 and increased legislation and prioritisation of issues of stress at work This new edition also comes with downloadable online resources and templates that you can use in your business

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Introduction to Health and Safety at Work Phil Hughes MBE, Ed Ferrett, 2020-12-21 Introduction to Health and Safety at Work covers the fundamentals of occupational safety and closely follows the NEBOSH National General Certificate syllabus which was updated in 2019 and came into use in 2020 Highly illustrated and over 600 pages in length it covers all of the essential elements of health and safety management the legal framework risk assessment and control standards and also includes checklists report forms and record sheets to supplement learning It also has an extensive summary of current health and safety legislation Aligned to the NEBOSH National General Certificate in Occupational Health and Safety Practice questions and answers to test knowledge and increase understanding In addition to helping students study for the NGC it is used for reference and revision on other Health and Safety qualifications at level 3

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