

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 Operations Regulations

Susan Cressy



Manual Handling Operations Regulations:

Manual Handling, 2004 **Manual Handling Operations Regulations 1992** Great Britain. Health and Safety Executive, 1993 Second Evaluation of the Manual Handling Operations Regulations (1992) and Guidance Health And Safety Executive Staff, Rebecca Lancaster, Andrew Alder, Catherine Jacobson Maher, Entec UK Limited, Great Britain. Health and Safety Executive, Entec, 2001-06-11 Manual handling is a major cause of injury and ill health in the workplace To implement the European Directive on the manual handling of loads 90 269 EEC the Manual Handling Operations Regulations 1992 MHOR were introduced from 1 January 1993 A first evaluation study of the impact of the Regulations in 1996 found employers had accepted the need to control risks associated with manual handling and they found the ergonomic approach adopted by the Regulations to be an appropriate means of doing this Manual Handling Health and Safety Commission, 1992 *Manual Handling* Great Britain. Health and Safety Executive, 1998 This publication is aimed at employers and employees across all industries It gives revised guidance on the Manual Handling Operations Regulations 1992 *Manual Handling*, 1998 **Manual handling**, 1996 **Manual Handling Operations Regulations 1992**, 1994

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