

Manual Handling Operations Regulations 1992

Under these regulations additional duties are placed on employers to avoid hazardous manual handling operations and take steps to reduce the risk of injury from such operations so far as is reasonably practicable.

8 Steps to Safer Manual Handling:

1. Check the Load

Ensure you know what you are trying to lift and where it is to be carried to. What does it weigh? Is it an awkward shape? Will balance be a factor?

2. Personal Limitations

Know the limit of your own ability. Consider your age, strength, fitness or girth. It does not require a great deal of weight to cause injury through material handling. If in doubt, get help.

3. Get a Proper Grip

Make sure you have a good hand hold. Grip with the palms of the hands and the roots of the fingers. Never lift with the finger tips!

4. Stance

Face the direction of travel if you are lifting alone. Stand over the object with feet shoulder width apart and one foot a little in front of the other. Bend at the knees.

5. Keep Arms Close to Body

Keep the arms close to the body. This ensures that the legs and body take the weight instead of the hands and arms.

6. Keep the Chin In

Before lifting, raise the head slightly and tuck the chin in. This helps to keep the back straight.

7. Body Weight

Be aware of your body weight and how to use it to the best advantage. Use your body as a counterweight to save muscular effort.

8. Co-ordinate effort

Where two or more people are involved in the lift make sure the handling is co-ordinated correctly. Communication and team work are key.



Manual Handling Operations Regulations Summary

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