

What you need to know about.....



MANUAL HANDLING

Manual Handling Regulations 1992

The statutory responsibilities placed on employers with regard to manual handling and lifting came into effect on 1st January 1992, 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

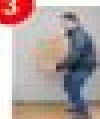
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POSITION

Place the feet apart keeping the leading leg at 90° forward as is comfortable, the head straight and shoulders level. Get a firm grip and brace the legs and make sure the feet are secure.

3



LIFT

Use your legs to lift the load. Do not jerk, keep movements smooth and keep in control of the load.

4



MOVE

Move your feet and don't twist the trunk when turning. Keep the heaviest part of the load against the body.

5



PLACE

Put the load on its feet and place and then adjust it if needed. Slide into a specific position if it is necessary.



This poster is for guidance purposes only and should not be used as a replacement for formal manual handling training.
If you are interested in Manual Handling training then please contact your local training provider.

Manual Handling Regulations 2007

Phil Hughes, Ed Ferrett



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