

What you need to know about.....



# MANUAL HANDLING

Manual Handling Regulations 1992

The additional responsibilities placed on employers with regard to manual handling and lifting came into effect on 1st January 1993, 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

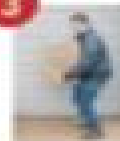
2



### POSITION

Place the feet apart keeping the leading leg on the forward side to counterbalance the load. Bumpers and shoulders level. Feet a few gaps and touch the fingers and relax from the feet to return.

3



### LIFT

Use your legs to lift the load. On each joint, keep movements smooth and keep in control of the load.

4



### MOVE

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

5



### PLACE

Put the load in its desired place and leave space to it. Heaviest, think into a specific position if it is necessary.



# Manual Handling Regs 199

**Mike Tooley**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

## **Manual Handling Regs 199:**

The Repair of Vehicle Bodies, 6th ed Andrew Livesey, Alan Robinson, 2013-02-11 This book covers the principles and techniques that will help you develop the skills needed to carry out effective vehicle body repair and re finishing This edition has been updated to deal with changes in technology and best practice and meets the current Automotive Skills standards It also covers the topics studied at NVQ levels 2 and 3 and contains handy revision notes making it an ideal text for students on the following courses Automotive Skills Council Vehicle Body and Paint Operations requirements IMI Body Repair and Refinishing Technical Certificates VRQs National Vocational Qualifications NVQs City Guilds Vehicle Body Repair Competence courses NVQ and Progression Awards of both City Guilds and the Institute of the Motor Industry at levels 2 and 3 Professionals and hobbyists will continue to find this an essential manual for the workshop when repairing the latest models or classic cars Other books by Andrew Livesey Basic Motorsport Engineering 9780750689090 Advanced Motorsport Engineering 9780750689083

A Study Guide for the Operator Certificate of Professional Competence (CPC) in Road Freight 2018 Clive Pidgeon, 2018-01-03 A Study Guide for the Operator Certificate of Professional Competence CPC in Road Freight 2018 is a vital study guide that offers the thorough preparation needed to pass the tough CPC exams in the UK It covers the examination method used by the Oxford Cambridge and RSA OCR and the Chartered Institute of Logistics and Transport CILT This is the Level 3 standard qualification overseen by The Office of Qualifications and Examinations Regulation OFQUAL and the Welsh Assembly Government which is required by any person wishing to operate vehicles over 3 500 kg the maximum authorised mass for hire and reward in the UK and internationally A Study Guide for the Operator Certificate of Professional Competence CPC in Road Freight 2018 has been extensively revised to include all the new legislation It covers the eight study sections that the directive requires civil law commercial law social law fiscal law business financial management of the undertaking access to the market technical standards and technical aspects of the operation road safety It features many case studies examples diagrams and graphics New to this edition test questions after each section

**The Repair of Vehicle Bodies** Alan Robinson, Andrew Livesey, 2013 This book covers the principles and techniques that will help you develop the skills needed to carry out effective vehicle body repair and re finishing This edition has been updated to deal with changes in technology and best practice and meets the current Automotive Skills standards It also covers the topics studied at NVQ levels 2 and 3 and contains handy revision notes making it an ideal text for students on the following courses Automotive Skills Council Vehicle Body and Paint Operations requirements IMI Body Repair and Refinishing Technical Certificates VRQs National Vocational Qualifications NVQs City Guilds Vehicle Body Repair Competence courses NVQ and Progression Awards of both City Guilds and the Institute of the Motor Industry at levels 2 and 3 Professionals and hobbyists will continue to find this an essential manual for the workshop when repairing the latest models or classic cars Other books by Andrew Livesey Basic Motorsport Engineering 9780750689090 Advanced Motorsport

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**Construction Safety Handbook** V. J. Davies, K. Tomasin, 1996 This book is an essential guide for all construction industry professionals whose duty it is to preserve the health safety and welfare of others by effective design and management The authors describe the most common hazards of construction work and how to reduce the consequent risks They explain the essential details of construction safety law the organisational basis for implementing health and safety policies and duties under current safety regulations This edition has been fully revised to incorporate developments in construction methods and new legislative requirements      *Key Topics in Healthcare Management* Robert Jones, 2007  
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**The Nursing Associate's Handbook of Clinical Skills** Ian Peate, 2021-04-29 The Nursing Associate's Handbook of Clinical Skills The Nursing Associate's Handbook of Clinical Skills provides evidence based guidance for those undertaking the newly developed Nursing Associate NA role that bridges the gap between the Health Care Assistant HCA and the Registered Nurse RN Structured around the latest Nursing and Midwifery Council NMC Proficiencies this invaluable handbook helps the prospective Nursing Associates develop the skills and core competencies required to succeed in a broad range of healthcare contexts covering more than 90 procedures and communication and relationship management skills This timely resource features contributions from a team of experienced clinicians and academics addressing clinical procedures on topics including skin integrity nutrition and hydration mobility and safety respiratory care managing infection administering medicine and end of life care Clear accessible chapters contain a wealth of effective learning tools including self assessment tests review questions links to electronic resources supporting evidence and more This must have textbook Helps trainee Nursing Associates to develop and refine their skills and demonstrate proficiency in offering care and support Reflects current NMC annexes providing practical guidance on a diverse range of communication skills strategies and procedures Covers the central elements of Nursing Associate care provision including delivery monitoring and reviewing Includes colour illustrations photographs tables charts graphs and algorithms designed to develop skills and demonstrate the links between theory and practice Presenting the principles of care essential for meeting the needs of patients in dynamic health and social care environments The Nursing Associate's Handbook of Clinical Skills is an indispensable guide for trainee Nursing Associates as well as for health and social care assistants and those returning to practice

[Health and Safety at Work For Dummies](#) RRC, 2016-05-02 Are you complying with health and safety regulations in the workplace Making mistakes in many areas of health and safety can be both incredibly dangerous and hugely costly So what can you do to avoid hazards and expensive time consuming legal battles That's where Health Safety at Work For Dummies comes in Cutting through the clutter it provides you with the practical must know information you need to ensure your workplace is a suitably safe environment that complies with government health and safety rules and regulations Did you know that in 2014 1.2 million working people suffered from work related illnesses 2 535 mesothelioma deaths occurred due to past asbestos exposure and 133 workers were killed on the job The list goes on and the statistics are staggering Health Safety at Work For Dummies shows you how to keep your employees safe from becoming another statistic in this frightening data Arming you with critical information needed to adhere to health and safety

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**Patient Centered Care in Medical Imaging and Radiotherapy** Aarthi Ramlaul, Martin Vosper, 2013-03-26 Health investigation and treatment have moved from a clinician centred approach to a patient centred approach during the past few decades Patients are now rightly regarded as empowered and informed users of health services not passive recipients Motivated by this philosophical shift this new book identifies the key issues underpinning the complete delivery of good patient care and considers their application in the medical radiation sciences Taking a UK European perspective the authors examine how a holistic approach is related to legislation human rights and perceived patient needs Medical imaging and radiotherapy are front line services experienced by vast numbers of patients with acute and chronic medical conditions including trauma and cancer The book includes coverage of behavioural science and health psychology together with practical applications such as safe manual handling infection control and radiation safety This provides the reader with a comprehensive understanding of what contributes to the patient's experience in diagnostic imaging and radiotherapy It also considers other aspects of the patient experience such as inter professional team working disability communication clinical procedures and practice Identifies the key issues underpinning the complete delivery of good patient care and considers their application in the medical radiation sciences Takes a UK European perspective Covers behavioural science and health psychology together with practical applications such as safe manual handling infection control and radiation safety Considers all aspects of the patient experience including communication clinical procedures and practice

Introduction to Health and Safety in Construction Phil Hughes, Ed Ferrett, 2012-09-10 This NEBOSH endorsed textbook is matched to the latest syllabus of the National Certificate in Construction Safety and Health Within the construction industry the need for specialist health and safety training is high due to the high risks involved This is reflected in recent legislation such as CDM 2007 and explains the consistent demand for courses and learning materials The text is easy to read highly illustrated in full color and supported with checklists report forms and record sheets used currently in the industry Students are supported with end of chapter questions a study skills chapter and specimen assignments including specimen answers As NEBOSH actively grows their qualifications internationally demand for this book and its sister titles continues to increase overseas High growth markets are the Middle East Malaysia India and China

**Common Foundation Studies in Nursing E-Book** Jenny Spouse, Michael J. Cook, Carol Cox, 2008-01-09 This title is directed primarily towards health care professionals outside of the United States Now revised and fully updated in line

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