

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

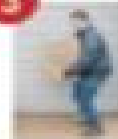
2



### POSITION

Place the feet apart keeping the leading leg on the forward side to counterbalance the load. Breathe and abdominal muscles. Grip a firm grip and hook the fingers and place your feet to return.

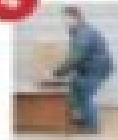
3



### 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. Place the heaviest part of the load against the body.

5



### PLACE

Put the load in its desired place and leave space to it needed. Think 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 Guidance Regulations

**Rosina Ehmann**



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