

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
A person stands upright, looking down at a box on the floor, preparing to lift it.
- 2 POSITION**
Place the feet apart keeping the leading leg on the forward side to maintain the front straight and shoulders level. Grip a firm grip and tuck the fingers and place both the feet to square.
A person is in a squatting position, feet apart, with their back straight and shoulders level, ready to lift a box.
- 3 LIFT**
Use your legs to lift the load. On each joint, keep movements smooth and keep in control of the load.
A person is lifting a box from the floor using their legs, keeping their back straight.
- 4 MOVE**
Move your feet and don't twist the trunk when moving. Place the heaviest part of the load against the body.
A person is moving a box from one position to another, keeping it close to their body.
- 5 PLACE**
Put the load in the desired place and leave space to it needed. Think into a specific position if it is necessary.
A person is placing a box on a surface, ensuring it is stable and in the correct position.

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 199

M Walker



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