

The Manual Handling Operations Regulations 1992

PREVENT INJURIES WITH SAFE LIFTING

CAN MOVING THE LOAD BE AVOIDED ?

IF NOT :-

EXAMINE THE OBJECT

- Check weight, centre of gravity, stability.
- Are there any sharp edges ?
- Check with your supervisor.

PLAN THE TASK

- Consult your supervisor.
- Plan a route free from tripping or slipping hazards.
- Provide opportunities for rest and recovery.
- Know where to unload.

GET A GOOD GRIP

- Decide in advance how to hold the load.
- Grasp firmly and with both hands.
- Attain a good posture.
- Are you wearing suitable gloves ?
- Watch your fingers.

GET HELP

- Can mechanical aid be used ?
- Can someone else be of assistance ?
- Rotate the task.

ARE YOU WEARING THE RIGHT EQUIPMENT ?

- Protective gloves.
- A hard hat.
- Eye protection.
- Overalls/durable clothing.
- Protective footwear/non-slip.

RULES FOR SAFE LIFTING

1. Assess the load first.
Make sure work area is clear from hazards.



2. Keep back upright in a natural way, bend the knees, stand close to load and spread feet. **DO NOT** twist trunk.



3. Raise the head, lift using your legs, grasp the load firmly, arms close to body.



4. Hold close to centre of body when stable, make sure work area is clear from hazards.



Manual Handling Operations Regulations 1992 Amended 2002

L Towne



Manual Handling Operations Regulations 1992 Amended 2002:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Manual Handling Operations Regulations 1992 Amended 2002**

In a world inundated with monitors and the cacophony of instant communication, the profound power and mental resonance of verbal beauty usually fade into obscurity, eclipsed by the regular barrage of sound and distractions. However, situated within the musical pages of **Manual Handling Operations Regulations 1992 Amended 2002**, a fascinating work of literary splendor that impulses with raw thoughts, lies an memorable journey waiting to be embarked upon. Published by a virtuoso wordsmith, that mesmerizing opus guides viewers on a psychological odyssey, lightly exposing the latent possible and profound influence stuck within the intricate web of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is key subjects, dissect their interesting writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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