

# WHAT YOU NEED TO KNOW

## Manual Handling Operations Regulations 1992

These regulations (revised in 1998 and updated in 2004) place duties upon the employer to ensure that employees avoid hazardous manual handling operations so far as reasonably practicable. Employers should assess unavoidable manual handling operations and take steps to reduce the risk of injury from such operations as is reasonable practicable.



Establish if the lift be avoided or if you can you use a mechanical aid to lift or move the load. If not:

### 1. Assess the load

Ensure you know what you are lifting, where it is to go and its weight. Be aware of awkward shapes or unbalanced loads.

### 2. Personal limitations

Know the limit of your own ability. Ask for help if needed.



### 3. Stance

If lifting alone face the direction of travel. Stand over the load, feet shoulder width apart and one slightly in front of the other. Bend your knees whilst keeping your back straight.

### 4. Proper Grip

Ensure you have a firm grip of the load, using the palms of your hands and the roots of the fingers. Never lift with the finger tips!



### 5. Body Position

Keep your arms close to your body, ensuring your legs take the weight of the load and not your arms. Tuck your chin to your chest, this helps keep the back straight.

### 6. Lifting

Use your legs to lift both your upper body and the load, ensuring you keep your back straight and the load close to your body.



### 7. Moving

Keep the load close to your body. Without twisting the trunk, use your legs to move the load.

### 8. Co-ordinated Lifting

If the load is unsafe to be lifted by one person, co-ordinate the lift with a colleague, ensuring the above techniques are followed.

# Manual Handling Operations Regulations 2002

**Mike Tooley, Lloyd Dingle**



## **Manual Handling Operations Regulations 2002:**

**Manual Handling** Great Britain. Health and Safety Executive, 1998 This publication is aimed at employers and employees across all industries It gives revised guidance on the Manual Handling Operations Regulations 1992

**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 grow 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 *Tolley's Practical Risk Assessment Handbook* Mike Bateman, 2006 Risk assessment has become the backbone of Health and Safety management in the UK and elsewhere Employers have a legal duty to prove that risk assessments have been carried out and precautions have been implemented Mike Bateman demystifies the risk assessment process and how it relates to UK legislation Previous ed Croydon LexisNexis 2003 **Construction Law Handbook** Thomas Telford Limited, 2007 A legal reference on

construction law that offers guidance for professionals and addresses the important construction law issues **Dimond's**

**Legal Aspects of Nursing** Richard A. Griffith, Bridgit Dimond, Iwan Dowie, 2019 Written specifically for student nurses as well as those already in practice Dimond's Legal Aspects of Nursing is your essential practical guide to the legal principles you need to be aware of in your everyday nursing practice Building on previous editions of the book by Bridgit Dimond this 8th edition has been significantly reworked by a new author team with extensive experience in teaching nursing law It has also been fully updated and revised in line with recent legal developments and the new Nursing standards to ensure it continues to meet the requirements of nursing law modules **Electrical safety guidance for low voltage systems** Great

Britain: Department of Health: Estates and Facilities Division, 2006-12-12 This document replaces and supersedes all previous versions of Health Technical Memorandum 2020 Safety code for low voltage systems On cover title page Electrical services **Health and Safety in Brief** John Ridley, 2004-06-03 In plain English John Ridley guides the reader through

Health and Safety legislation and explains how to comply with it in practical terms The text is clearly laid out distinguishing between bulleted summaries of legislative requirements and the author's advice and commentary By condensing the fundamental contents of the author's acclaimed Safety at Work into a practical and affordable volume Health and Safety in Brief has established itself as a valuable handbook for safety representatives and managers as well as an essential aide mmoire for students on the following courses NEBOSH National Certificate and Diploma in Occupational Safety and Health

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knowledge as they go while end of unit review questions are ideal for exam revision and set course work

*Occupational Health Law* Diana Kloss, 2020-06-04 Comprehensive accessible and grounded in case law Occupational Health Law has been an established authority in the field for over thirty years and continues to provide practical coverage of occupational health incorporating changes in the legal framework to reflect the very latest developments The sixth edition of this indispensable reference work includes substantial new information on European law the legal and ethical duties of occupational health professionals medical records and confidentiality data protection compensation for work related injury the gig economy the Equality Act and disability discrimination and much more Covers the provision of occupational health services the legal liability of occupational health professionals confidentiality health surveillance compensation and equal opportunity legislation Includes extensively revised content which aligns with current legislation and case law Contains new chapter summaries and highlighted key information boxes throughout Occupational Health Law Sixth Edition is the definitive resource for occupational health and safety professionals from nurses physicians and safety officers to HR managers policy makers risk managers and employment lawyers

*EU Law for UK Lawyers* Aidan O'Neill, 2011-07-27 This is the second edition of this wide ranging survey of EU law The new edition has been significantly enlarged Unlike many other EU law books it takes full account not only of the Lisbon Treaty changes to the EU treaties but also of the fact that the EU Charter of Fundamental Rights now has the same legal value as the EU Treaties It therefore not only covers the relevant case law of the Court of Justice of the European Union but also ties that case law into the decisions of the European Court of Human Rights because it is clear that EU law can only now properly be understood and applied against this background of European fundamental rights jurisprudence The book sets out very clearly the broad shape of the European Union's legal systems while also giving the reader a good feel for the policy motivations in the Court of Justice of the European Union and the scope of EU legislative activity Written in a lively and accessible style it is an ideal guide for practitioners whether those coming to the subject for the first time or those already with a background in EU law Among the additions and changes in this expanded edition the book includes new chapters on the EU and fundamental rights on commercial agency on criminal law and on private international law in the EU It also contains a full treatment of EU equality law The first edition *EC Law for UK Lawyers* by Aidan O'Neill and Jason Coppel ISBN 9780406024596 was published by Butterworths in 1994

**Tolley's Managing a Diverse Workforce** Nikki Booth, Clare Robson, Jacqui Welham, Alison Barnard, Nicki Bartlett, 2009-11-03 Legislation governing employee welfare is becoming increasingly strict and nowhere is this more prevalent than in dealing with a diverse workplace Every organisation contains employees who can be considered diverse Diverse employee can include pregnant women people with illnesses young and old workers and those with disabilities In today's society where more people with disability and illness are entering the workplace it is essential for both the organisation and the employee that managers are able to deal effectively with a diverse workplace Tolley's Managing a Diverse Workplace provides

unrivalled guidance on complying with the legislation and regulations specific to the management of diverse employees Aimed at both HR and health and safety managers this unique handbook comprehensively covers the key legislation that affects this important area Other important features include Legislation regulation and the employer Legislation regulation and health safety Managing the employment aspects of diverse employees Managing the health safety of diverse employees Management systems tools Managing changing relationships The future of diverse employees With corporate social responsibility being such a hot topic the effective management of diverse employees is high on most companies agendas This one stop reference guide will ensure that organisations are sufficiently equipped to identify those workers considered to be at risk and manage these risks to their mutual benefit

*Safe Transfer and Retrieval (STaR) of Patients* Advanced Life Support Group (ALSG),2008-04-15 The safe transfer of all hospital patients especially those who are critically ill is of crucial importance demanding organisational as well as clinical skills Safe Transfer and Retrieval of Patients STaR is aimed at all health care workers involved with inter and intra hospital transfers It provides a much needed structured approach to transfer medicine together with sound guidance on relevant clinical procedures The second edition has been extensively revised in line with new developments in transfer medicine The book has been redesigned with five distinct sections covering the principles of the STaR structured approach to transfers the management of the transfer or retrieval practical procedures related to transfer medicine an overview of clinical care during the assessment and stabilisation phases of transfer the legal and safety aspects of transfers specific differences in helicopter transfers and transfers involving children A new chapter the infectious or contaminated patient has been added in light of current concerns around the potential transfer of infection between patients and staff The major revisions to this STaR coursebook bring it into line with the latest thinking on patient transfers making it an invaluable guide for anyone involved in this aspect of health care

*Employment Law and Occupational Health* Joan Lewis,Greta Thornbory,2012-01-10 Employment Law and Occupational Health A Practical Handbook provides an essential guide to best practice for all occupational health practitioners This readable guide to the law will help to ensure both business success and respect for individual employment rights The cost of sickness absence can present major costs and business management problems Safeguarding health is therefore vital to both individuals and employers Employment Law and Occupational Health explores key issues in occupational health practice from pre employment through health surveillance and occupational health services to termination of employment Topics explored include ethical and confidentiality issues discrimination data protection working abroad pregnancy and maternity leave workplace policies drugs and alcohol testing stress counselling health surveillance and professional conduct rules This second edition has been fully revised and updated to include a number of significant changes to employment law as well as new case law decisions that have occurred since the 1st Edition was published Essential new material has also been included around age discrimination disability discrimination work related stress corporate manslaughter and work place bullying An

accessible practical guide to applying health law in everyday practice For occupational health nurses and other occupational health practitioners Addresses key employment issues from pre employment to termination of employment Includes case studies procedural checklists and template letters and forms

**Medical Gas Pipeline Systems** Department of Health: Estates and Facilities Division,2006-10-17 A medical gas pipeline system MGPS is installed to provide a safe convenient and cost effective system for the provision of medical gases to clinical and nursing staff at the point of use It reduces the problems associated with the use of gas cylinders such as safety storage and noise This health technical memoranda is divided into two parts part A ISBN 0113227426 focuses on issues involved in the design and installation validation and verification testing and commissioning of an MGPS This document covers operational management issues including operational policy and procedures and the permit to work system training and communication cylinder management general safety and maintenance

**Occupational Hygiene** Kerry Gardiner,J. Malcolm Harrington,2008-04-15 Employees employers and the government have all become very aware of the effects on health of the work environment As a result this subject area is rapidly developing with recent changes in legislation sampling and measurement methods as well as a new emphasis on the psychological impact of work and the importance of an appropriate work life balance The purpose of this book is to provide a clear and concise account of the principles of occupational hygiene and as such it is suitable for students studying for degree courses in this subject and for the MFOM It is also suitable for occupational physicians and nurses to safety representatives and to trade unionists This edition sees the introduction of nine new chapters covering recently emerged topics such as work life balance work organisation and psychological issues

**Watts Pocket Handbook** Trevor Rushton,2025-07-08 This milestone 30th edition of the Watts Pocket Handbook has had a thorough overhaul and renews its commitment to share industry knowledge by providing technical and legal information across a comprehensive spread of property and construction topics The Handbook provides specialist information and guidance on a vast selection of related subjects including Environmental and sustainability issues Contracts and procurement Design and construction Health and safety Regulations and standards Legal issues and insurance Facilities management Materials and defects and Technology innovation and the future Watts Pocket Handbook remains the must have reference book for professionals and students engaged in construction building surveying services engineering architecture project management facilities management quantity surveying property development and much more

**Electrical safety guidance for high voltage systems** Great Britain: Department of Health: Estates and Facilities Division,2006-12-12 This document sets out operational guidance on electrical safety requirements for high voltage systems in healthcare premises It is intended to assist in meeting the requirements of the Electricity at Work Regulations 1989 which detail the precautions to be taken against risk of death or personal injury from electricity in work activities This document replaces and supersedes all previous versions of Health Technical Memorandum 2021 Safety code for high voltage systems

*Health and Safety Pocket Book* Jeremy Stranks,2007-03-14 The Health and

Safety Pocket Book is a handy reference tool for practising health and safety professionals auditors managers HR personnel employee representatives and anyone with health and safety responsibilities It is an essential compilation of guidance data and checklists covering a wide range of health and safety topics supported by extensive key glossary terms The A Z arrangement within the chapters and extensive cross referencing make the book easy to navigate while its size and scope make it the ideal volume for ready reference and site visits The book will also be useful for health and safety courses at all levels Key features include The principal health and safety legal requirements for every industry Safety management elements and systems Checklists for major hazards affecting all industries A wealth of charts hard to remember details and data A glossary of the main concepts of health and safety A list of important health and safety courses publications and organisations Jeremy Stranks has over 40 years experience in occupational safety and health enforcement management consultancy and training He is a founding member of NEBOSH and has lectured on all aspects of health and safety His company Safety Hygiene Consultants offers organisations advice in the preparation of Statements of Health and Safety Policy risk assessment and safety monitoring procedures together with in house training for all levels of management He also undertakes expert witness work in both criminal and civil cases



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