

What you need to know about.....



MANUAL HANDLING

Manual Handling Regulations 1992

The additional responsibilities placed on employers with regard to manual handling were added to the original Regulations in 1992, under the Health & Safety Act 1974.

ASSESSING & UNDERSTANDING

- Recognise potential hazards
- Understand unfamiliar handling operations
- Know how to use handling aids
- Use personal protective equipment
- Appreciate environmental factors contribute to safety
- Be a good housekeeper
- Realise your own capacity

CHECKS TO PERFORM

- DANGERS** - Are there any sharp corners, nails etc?
- BALANCE** - Is the load stable enough to grip & lift?
- PLANNING** - Is your route clear with no obstructions?
- REST** - Are you able to have a rest if needed?
- DESTINATION** - Do you know where you are going to?
- PROTECTION** - Are you wearing appropriate PPE?

Good Technique

1



PLAN

Think and PLAN

2



POSITION

Place the feet apart keeping the load between the feet as far forward as the centre of gravity. The feet should be shoulder width apart. Take a firm grip and keep the feet and back straight.

3



LIFT

Use your legs to lift the load. Do not jerk, keep the load close to the body and keep the feet apart.

4



MOVE

Move your feet and don't twist the body when turning. Keep the front foot of the load against the body.

5



PLACE

Put the load in its desired place and then adjust it if needed. Stand on a specific point if it is necessary.



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Easy Bookley Manual Handling Book Review: Unveiling the Power of Words

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