

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 with both hands.
Attain a good posture.
Are you wearing suitable gloves ?
Watch your fingers.

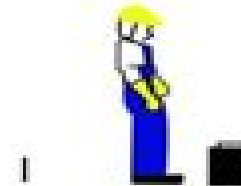
GET HELP

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

ARE YOU WEARING THE CORRECT EQUIPMENT ?

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

RULES FOR SAFE LIFTING



1

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



2

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



3

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



4

Hold close to centre of body where able,
make sure work area is clear from hazards.

Regulations Covering Manual Handling

Boston. Ordinances, etc



Regulations Covering Manual Handling:

NVQ Level 3 Children's Care, Learning and Development Penny Tassoni, 2005 Manual Handling in Health and Social Care, Second Edition Michael Mandelstam, 2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases Common Foundation Studies in Nursing E-Book Jenny Spouse, Michael J. Cook, Carol Cox, 2008-01-09 This title is directed primarily towards health care professionals outside of the United States Now revised and fully updated in line with developments in nurse education this fourth edition will prove indispensable to pre registration nursing students on the Common Foundation Programme It provides an essential guide to working in health care settings and prepares them for entry to their chosen branch programme It will also be of relevance to other health care professionals such as health care assistants An essential guide to working in health care settings for pre registration nursing students that prepares them for entry to their chosen branch programme Student friendly format with extensive case studies activities boxes and further reading STUDENT FOCUSED Activities and case studies help make learning more interactive and fun CURRENT Reflects changes and trends in healthcare NEW LAYOUT Sections reflect the Nursing Midwifery Council 4 domains of knowledge that are used to assess progress NEW MATERIAL Anatomy Physiology What it s like being a Nursing student Care Delivery Communication Skills Decision Making and Record Keeping Health and Safety Hygiene Nutrition Study Skills and using IT PATIENT CENTRED FOCUS Reflects the needs of diverse cultures **Principles of Health and Safety at Work** Allan St John Holt, Jim Allen, 2015-06-22 This is a reprint of ISBN 978 0 901 35743 4 Widely acknowledged as the one stop summary of health and safety fundamentals Principles covers law safety technology occupational health and hygiene and safety management techniques Originally written by the late international health and safety expert Allan St John Holt this new edition has been comprehensively updated by Allan s colleague Jim Allen The book is designed as a concise accessible introduction to health and safety basics and includes revision notes and a wide range of references It is a first class resource for NEBOSH Certificate students **Manual Handling in Health and Social Care** Michael Mandelstam, 2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety Uniform Rules and Regulations Covering Issuance, Handling and Disposition of Bills of Lading Association of American Railroads. Treasury Division, 1945 **The Engineering Manual of the American Electric Railway Engineering Association, Covering Its Standards, Recommendations and Miscellaneous Methods and Practices** American Transit Engineering Association, 1927 Water Services , 2003 **Manual of the Dairy and Food Laws, and Rules and Regulations, Minnesota Dairy and Food Commission** Minnesota. Department of Agriculture, 1925 Manual

American Railway Engineering Association,1929 Statutory Instruments Great Britain,1968 *Manual of the Revised Laws and City Ordinances Relating to the Public Health* Boston (Mass.). Board of Health (1872-1914),1904 Manual of Navigation Laws Edwin Monroe Bacon,1912 **Manual of the revised laws and city ordinances relating to the public health** Boston. Ordinances, etc,1904 Landing-Force Manual United States. Office of the Chief of Naval Operations,1921
 Manual of the Laws, Rules, and Regulations Relating to Public Health in South Carolina South Carolina,1970
 Bargaining Report ,2001 **Annual Report** Wales Trades Union Council,1992 Manual of American Railway Engineering Association ... Ed. of 1929 American Railway Engineering Association,1929 *Radio Traffic Manual and Operating Regulations* Rudolph Lewis Duncan,Charles Edward Drew,1929

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