

What you need to know about.....



MANUAL HANDLING

Manual Handling Regulations 1992

The additional regulations have placed on employers who regulate manual handling work. These came into effect on 1st January 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

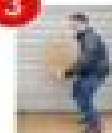
2



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 fingers and thumb close to the load to secure it.

3



LIFT

Use your legs to lift the load. Do not jerk, keep the load close to the body and keep it in control at all times.

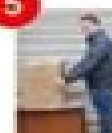
4



MOVE

Move your feet and don't twist the trunk when turning. Keep the heaviest part 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 position if it is necessary.



Easy Bookley Manual Handling

S Ashworth



Easy Bookley Manual Handling:

Manual Handling in Health and Social Care Michael Mandelstam,2002-02-15 This book presents an accessible overview of manual handling legislation legal case law national guidance policy and practice A stand alone overview of manual handling law and practice is followed by more in depth material in A Z format and fully cross referenced which allows the reader to look up issues for quick access to more information **Ultimate Guide to Manual Handling** Lee

Marsh,2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way

An Easy Guide to Manual Handling Workplace Video Productions,1990 **Safe Moving and Handling Made Easy** Shona Eyre,2016 InfoWorld ,1989-06-26 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects *InfoWorld* ,1988-10-31 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects **A Manual on the Care and Handling of Electric Plants** Norman Hugh Schneider,1903

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Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Easy Bookley Manual Handling**

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