



What you need to know about

MANUAL HANDLING

Regulations 1992 - Good Handling Technique

The additional responsibilities placed on employers, with regard to manual handling and lifting, came into effect on January 1st, 1993, under the health and safety act 1974.

ATTENTION & ASSESSMENT

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

CHECK THE FOLLOWING

- ◆ **DANGERS** Are there any sharp corners, projecting nails, points, etc. ?
- ◆ **BALANCE** Is the parcel stable to lift and easily gripped ?
- ◆ **PLAN** Is your route clear and free from obstructions ?
- ◆ **REST** Can you stop and rest if you need to ?
- ◆ **DESTINATION** Have you identified your destination- is it safe to unload?
- ◆ **PROTECTION** Are you wearing the appropriate protective equipment ?



1.
STOP
THINK and PLAN



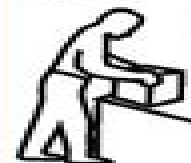
2.
POSITION
Place the feet apart keeping the leading leg as far forward as is comfortable, the head straight and shoulders level. Get a firm grip hooking fingers if possible and make sure load is secure.



3.
LIFT
Use your legs to lift the load. Don't jerk, move smoothly, keeping control of the load.



4.
MOVE
Move your feet. Don't twist the trunk when turning. Keep the load's heaviest side next to the trunk.



5.
PLACE
Put the load down, then adjust to specific position. After unloading slide into position.

Safety Signs On Manual Hanling

Puja Mehta



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