

Safer lifting

Manual
Handling
Operations
Regulations
1992

Planning ahead

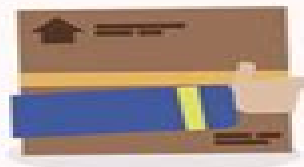


1. Can you avoid moving the object?
Avoid 'manual handling' (moving by hand) if you can. Consider whether your task be moved to the object, or can the object be moved by a machine?
2. Can you lift and move this object safely?
Think about weight, structure, distance, environment. If you can't move an object safely, ask for help!
4. How can the object be made easier to move?
Could you make several trips rather than moving everything in one go? Can you drag the object? Can you add rest stops to the journey?
5. Is your work environment safe?
Think about where you're carrying the object. Consider tripping hazards, steps, ramps, spills, and anything that might affect your visibility.

Lifting technique



1. Start with the stance
Face the direction of travel, feet shoulder length apart, with one slightly in front of the other.



2. Get a firm grip
Grip using the palms of the hands and roots of your fingers. Hold close to your chest if possible.



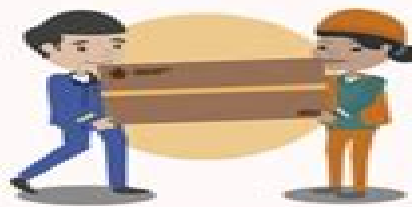
3. Do not bend your back
Lift with your knees. The NHS suggests a slight bend of the back, hips and knees to avoid a full squat.



4. Avoid twisting
Avoid twisting when lifting. Keep your shoulders level and facing the same direction as your hips.



5. Move safely
Keep the object close to your body and look where you're going. Make sure you can see!



6. Co-ordinated lifting
Get help when you need it, but make sure all parties know how to lift safely.



7. Lower to adjust
Where possible, put the load down and then slide it to where it needs to go.

Handout For Manual Lifting

Jianjun Gao



Handout For Manual Lifting:

Guide to Manual Materials Handling A. Mital, 2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person s capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives

The Health and Safety Trainer's Guidebook Simon Watson Pain, 2022-11-29 The book is designed to help trainers design and deliver health and safety training in a fun and high impact way such that trainees engage with the subject and remember how to apply it in the work environment It will be useful for managers trainers professionals and graduate students in the fields of ergonomics human factors and occupational health and safety The text comprehensively explains the effect of the brain on learning and then develops the training processes from training needs analysis all the way through effective training techniques and ending with competence assurance The unique approach of the book is that Part II provides a range of 30 tried and tested original resource ideas to make health and safety training effective and memorable It will be a valuable text for professionals and graduate students in the fields of ergonomics human factors and occupation health and safety Provides practical and tested solutions to common training problems Covers a resource section showing how to develop interesting and relevant training exercises Focuses on special needs of health and safety training Guides the reader through identifying the training need delivering the training and finally assuring competence Designed to help trainers design and deliver health and safety training in a fun and high impact way

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This Quick Guide puts the subject into context providing a rational overview and a valid starting point to applying health and safety in the workplace and offers a concise and readily accessible interpretation of what health and safety legislation means in practice Puts health and safety in to context Provides a rational overview and starting point to applying health and safety in the workplace Offers a concise interpretation of health and safety legislation in practice **International Encyclopedia of Ergonomics and Human Factors - 3 Volume Set** Informa Healthcare,Waldemar Karwowski,2006-03-15 The previous edition of the International Encyclopedia of Ergonomics and Human Factors made history as the first unified source of reliable information drawn from many realms of science and technology and created specifically with ergonomics professionals in mind It was also a winner of the Best Reference Award 2002 from the Engineering Libraries

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