

Safer lifting

Manual
Handling
Operations
Regulations
1992

Planning ahead

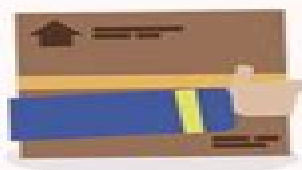


1. Can you avoid moving the object?
Avoid 'manual handling' (moving by hand) if you can. Consider whether your task be moved to the object, or can the object be moved by a machine?
2. Can you lift and move this object safely?
Think about weight, structure, distance, environment. If you can't move an 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.



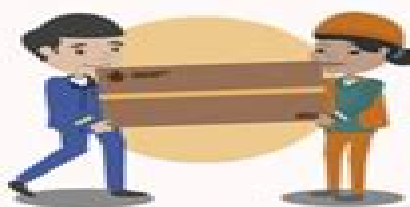
3. Do not bend your back
Lift with your knees. The NHS suggests a slight bend of the back, hips and knees to avoid a full squat.



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!



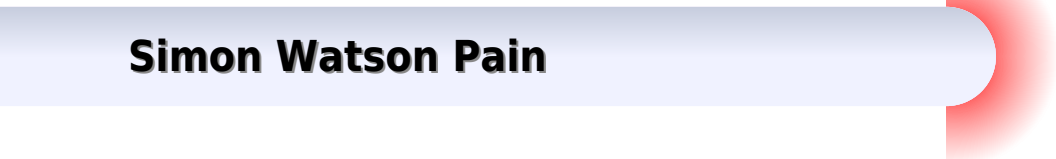
6. Co-ordinated lifting
Get help when you need it, but make sure all parties know how to lift safely.



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

Handout For Manual Lifting

Simon Watson Pain



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