

## What is the law of manual handling to protect employees?

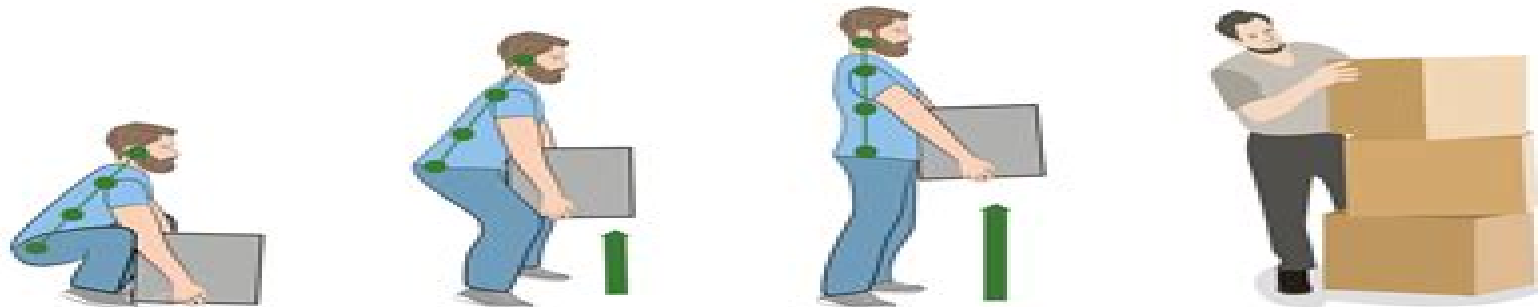
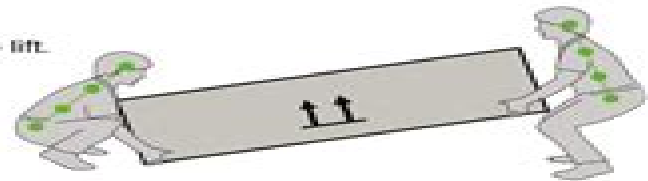
Employers have the legal obligation under the "Manual Handling Operations Regulations 1982" to make a sufficient and suitable assessment of the risk to employees from the manual handling of loads. This is a legal requirement and the Regulations must be complied with.

The Regulations set out a hierarchy of measures that should be followed to reduce the risk from manual handling. These are set out regulation in 4(1) and are as follows:

- Avoid manual handling operations so as far as is reasonably practicable
- Assess the risk in any manual handling operations that cannot be avoided and reduce the risk of an injury so far as reasonably practicable.

### How to lift Heavy Object Safely:

1. Make sure you are standing directly in front of the item you wish to lift.
2. Check if the item has handles which you could use.
3. Know where you are taking the object before you begin.
4. Position your feet evenly (shoulder width apart).
5. Keep your back straight and stand up tall.
6. Tighten your stomach muscles.
7. Squat to the floor by bending your knees – DO NOT move your upper body.
8. Take hold of the object firmly with both hands.
9. Distribute the weight evenly – make sure you are not unbalanced.
10. Keeping the object close to your body, begin to stand up by straightening your legs.  
(This will use your leg muscles and should not put a strain on other areas)
11. Stand up slowly and do not move quickly or jerk when you do this.
12. You can now walk with the object (but be careful not to twist your body unnecessarily). Take small steps if possible.
13. If you are carrying a large object which restricts your view, ask if someone can guide you.  
(This will prevent you from tripping or bumping into objects).
14. When placing the item down, bend your knees.
15. Remember to keep your back straight as you bend down again.
16. Be careful to lower each side of the object to the floor separately- this will avoid trapping your fingers under the weight.



# Manual Handling Legislation 201

**CO Houle**



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