

MANUAL HANDLING THE LAW

PROMOTE INDEPENDENCE



WHAT IF THE DEFINITION OF MANUAL HANDLING?

The transportation or supporting of a load (including lifting, putting down, pushing, pulling, carrying or moving) by hand or by bodily force.

The term 'load' includes objects, people and animals.

MANUAL HANDLING OPERATIONS REGULATIONS 1992

Employer duties:

**AVOID
ASSESS
REDUCE
REVIEW**



HEALTH AND SAFETY AT WORK ACT 1974

Employer duties:

LIFTING OPERATIONS AND LIFTING EQUIPMENT REGULATIONS 1998

Employer duties:



PRINCIPLES OF SAFE LIFTING

Check size, shape and weight of the load
Is your route free of hazards?
Keep a stable base and spine in natural shape
Keep load close to your body
Do not bend or twist
Power lift with leg muscles and bend knees
not back to put the load down



Manual Handling And The Law

Terry C. Jones



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