



HEALTH & SAFETY BULLITON No1

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| Date: 1st Nov 14 | To be placed onto the site notice board |
| Regulations | Manual Handling Operations Regulations 1992 |
| Subject: | Safe Manual Handling and Movement of Loads |

According to the Manual Handling Operations Regulations 1992, Manual Handling can be defined as any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or bodily force“.

DID YOU KNOW THAT OVER ONE THIRD OF ALL MAJOR INJURIES ARE CAUSED BY INAPPROPRATE OR POOR MANUAL HANDLING TECHNIQUES

As well as the general risk assessment requirements set out in the Management of Health and Safety at Work Regulations, there is a requirement in the Manual Handling Operations Regulations 1992 (as amended) to carry out a specific risk assessment for manual handling tasks. The main areas to focus on are the task, load, working environment and individual capability. The Regulations apply to a wide range of manual handling activities, including lifting, lowering, pushing, pulling or carrying. The load may be either inanimate - such as a box or a trolley, or animate - a person or an animal.

- **Consider** the risks from manual handling to the health and safety of your employees. If there are risks, the Regulations apply.
- **Consult and involve** the workforce. Your employees and their representatives know first-hand what the risks in the workplace are. They can probably offer practical solutions to controlling them.

Duties: The Regulations require employers to:

- **Avoid** the need for manual handling, so far as is reasonably practicable;
- **Assess** the risk of injury from any manual handling that can't be avoided;
- **Reduce** the risk of injury from manual handling, so far as is reasonably practicable.

This can be achieved by:

- Recognising what needs to be lifted, handled, carried etc. i.e. persons, static loads such as furniture etc.
- Who will carry this out?
- Undertaking Manual Handling Assessments.
- Training in correct lifting techniques.
- Safe systems of work

THE LAW: You are required by law to comply with all safety instructions provided by the employer and this includes working safely in accordance with your manual handling/task risk assessments There is no minimum or maximum weights that can be lifted, what is required is that you only lift what you can comfortably lift. If you need help, ASK. Wherever possible use mechanical means.



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NOTE: FAILURE TO COMPLY WITH THE COMPANY MANUAL HANDLING POLICIES COULD RESULT IN DISCIPLINARY ACTION BEING TAKEN.

