

What is the law of manual handling to protect employees?

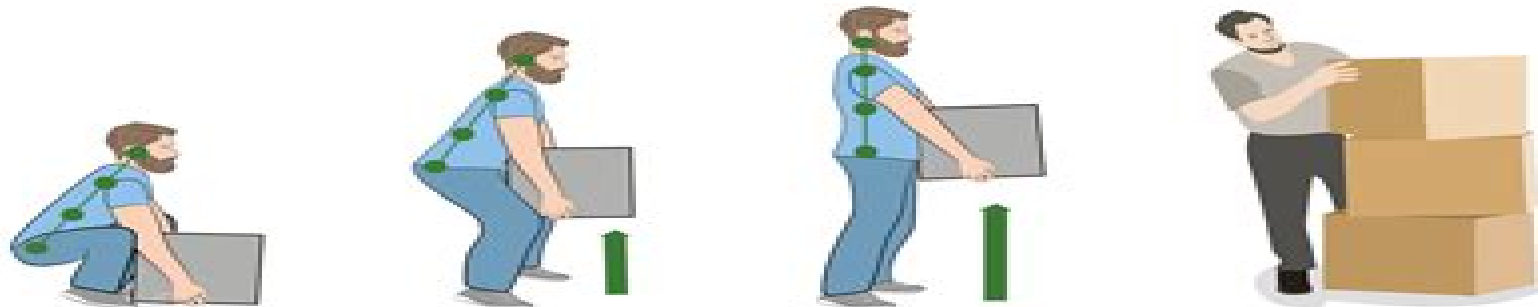
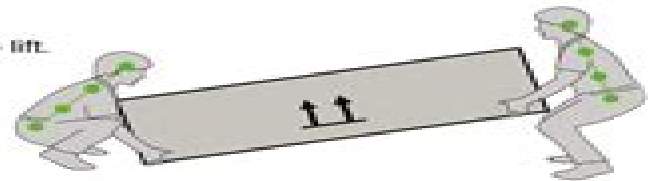
Employers have the legal obligation under the "Manual Handling Operations Regulations 1982" to make a sufficient and suitable assessment of the risk to employees from the manual handling of loads. This is a legal requirement and the Regulations must be complied with.

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.



Current Manual Handling Legislation

C. Wilkinson



Current Manual Handling Legislation:

Managing Health at Work C. Wilkinson, 2020-11-26 Managing Health at Work reviews recent developments in the field of workplace health from a practical point of view. It is aimed at managers and health specialists concerned with initiating new policies to develop and improve workplace health. The book provides essential guidance in managing health at work, gives specific examples of good practice and alerts the reader to relevant guidelines surrounding issues such as stress, cancer, HIV and AIDS, RSI, health eating and exercise. The author argues that increasing attention should be paid to the use of workplace health, especially with the growing number of employees making claims against their employers for a wide range of health problems.

Safety at Work John Ridley, John Channing, 2004-02-18 Safety at Work is widely accepted as the authoritative guide to safety and health in the workplace and covers all aspects of safety management. The sixth edition has been revised to cover recent changes to UK practice and standards in health, safety, employment and environmental legislation. It also incorporates EU directives and references to harmonised and international standards. Reflecting the importance of the roles of directors and managers in health and safety, new chapters cover the management of risk, emphasising the need for a sound organisational structure to achieve effective risk management. Developments in the behavioural approach to risk management and current thinking on the development of an international standard on safety management are also covered. Quality of the environment is rapidly becoming part of the safety manager's responsibilities both in the workplace and in the context of global pollution. A completely new part consisting of five chapters has been added, dealing solely with environmental issues including ISO 14001. The increasingly important role of ergonomics in health and safety is reflected in a new chapter on Applied Ergonomics, dealing with the subject pragmatically that will allow the manager and practitioner to design process and operations that are within the limits of the human body. The effects of stress, an emerging concern in health and safety, are covered in various chapters.

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.

Manual of Emergency

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Current Manual Handling Legislation Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Current Manual Handling Legislation**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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