



Manual Handling Operations Regulations 1992

Under these regulations, made under the health & safety at work act 1974, from 1st January 1993 additional duties are placed on employers to avoid hazardous manual handling operations so far as is reasonably practicable. Assess unavoidable manual handling operations. Take steps to reduce the risk of injury from such operations so far as is reasonably practicable.

Good manual handling what you need to know



Manual Lifting and Handling.

It does not require a great deal of weight to cause back injuries through lifting and handling. There are eight points to good manual handling, these are:

1. Check load

Ensure you know what you are trying to lift and where it is to be carried to. What does it weigh? Is it an awkward shape? Will balance be a factor?

2. Personal limitations

Know the limit of your own ability due to age, strength, fitness or girth. If in doubt... get help.



3. Proper Grip

Make sure you have a good hand hold. Grip with the palms of the hands and the roots of the fingers. Never lift with the finger tips!

4. Stance

Face the direction of travel if lifting alone. Stand over the object. Feet shoulder width apart and one slightly in front of the other.

Make sure your knees are bent.



5. Arms Close to Body

Keep the arms close to the body. This ensures that the legs and body take the weight instead of the hands and arms.

6. Chin In

Before lifting, raise the head slightly and tuck the chin in. This helps to keep the back straight.

7. Body Weight

Be aware of your body weight and how to use it to best advantage. Use your body as a counterweight to save muscular effort.



8. Co-ordinate effort

Where two or more people are involved in the lift make sure the handling is co-ordinated correctly.

Manual Handling Operations Regulations 1992 Health And Social Care

Michael Mandelstam



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Manual Handling in Health and Social Care Michael Mandelstam, 2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety

Manual Handling in Health and Social Care, Second Edition Michael Mandelstam, 2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases

Health and Social Care (Adults) Yvonne Nolan, 2005 This handbook provides comprehensive coverage of everything candidates need for success in this new qualification in health and social care

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Quick Guide to Community Care Practice and the Law Michael Mandelstam, 2010-03-15 This short guide cuts through the confusing mass of legislation to provide a concise and jargon free explanation of current community care practice and the law It is an essential resource for busy practitioners at all levels as well as managers in both the statutory and voluntary sectors and policy makers in local authorities and the NHS

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procedures This invaluable clinical skills textbook is an essential reference for pre registration nursing students of all fields of nursing

Health and Safety for Learning Disability Workers Alice Bradley, 2012-11-13 If you are working within the learning disability sector and studying for the QCF Diploma in Health and Social Care you will find this book an invaluable resource in helping you to achieve the units on Health and Safety You will find the book easy to navigate with each chapter covering one of the learning outcomes within the unit Each chapter begins with an example taken from real people's stories and lots of activities photographs and other illustrations are included throughout the book so you can really get to grips with the subject

Studying for a Foundation Degree in Health Mary Northrop, Jayne Crow, Sarah Kraszewski, 2015-07-24 Studying for a Foundation Degree in Health is designed to provide clear relevant knowledge and to support appropriate skills development amongst students enrolled on foundation degree and equivalent level courses in health and social care Combining academic study skills work based learning skills and practice focused content in one volume this is the first textbook to focus specifically on the Band 4 role of associate and assistant practitioner within the health sector Features include 13 chapters that cover the core topics students will be expected to demonstrate proficiency on by the end of their degree including health promotion healthcare delivery safeguarding quality in healthcare and research and evidence based practice Learning outcomes and activities enabling students to actively engage with their course content Content written by authors from a broad range of health disciplines including nursing radiography physiotherapy dentistry and public health accurately depicting the dynamic field of healthcare in the UK today Written by authors with a wealth of experience in running foundation degrees in health the book aims to provide students with lifelong learning skills that will benefit them while on their course during future study and in the workforce

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