

7.0 MANUAL HANDLING

7.1 Background

"Manual handling operations" means any transporting or supporting of a load by hand or bodily force, i.e. human, as opposed to mechanical, effort is required to move or hold the load, and includes lifting, putting down, pushing, pulling, carrying or moving.

7.2 Applicable Legislation

The Manual Handling Operations Regulations 1992.

7.3 Procedure

Forest Edge Construction will ensure that: -

1. Hazardous manual handling operations are avoided so far as is reasonably practicable
2. Make a suitable and sufficient assessment of any hazardous manual handling operations that cannot be avoided.
3. Reduce the risk of injury from those 'unavoidable' operations through training team lifting, and personal protective equipment (PPE)
4. Provide staff with details concerning the loads they are to handle.
5. Review the assessment to keep it up to date.

Controls

Controls that could be applied to reduce the level of risk are:

Modify load

Modify workplace/layout

Use different actions/movements

Provide mechanical assistance

Organise team lifting

Identify vulnerable persons

Lifting Guidance

