

# Broadman Limited Guide to the Manual Handling Regulations

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The 'Manual Handling Regulations 1992' give directions on making an assessment of personal injury when handling, transporting or supporting loads by hand or by 'bodily force'.

## Common types of injuries

- Sprains injuries, the majority to the back
- 10% of injuries are major, including fractures
- A number of injuries are the result of a cumulative number of injuries sustained over a period of time, rather than a single incident.

## Employers Responsibilities

Employers have a duty to take appropriate measures to identify potential risks from manual handling operations and to take measures to reduce these risks to ensure the personal safety of their employees from personal injury.

- By reducing the number of manual handling operations wherever possible.
- By making a proper assessment of any manual handling operations that cannot be avoided
- By so far as is reasonably practicable reducing the risk of injury from these operations
- By maintaining an up to date record of any incidents and ill health.

## Handling Risks in rooms / storage spaces

Manual handling within a room / storage space involves moving various objects with varying weights and sizes, which will directly affect the type of risk for each type of object to be moved.

When handling Gas cylinders see our guide on this.

## Reducing the risk of personal injury

Consideration should be given to a number of factors when making an assessment with regard to health, safety and productivity which can be all improved with regard to the load being handled, the surrounding environment and the capabilities of the personnel carrying out the task. E.g.

- The individuals personal capabilities need to be considered, what he or she are capable of.
- Always carry objects close to the body to reduce stress on the back, always wear gloves.
- Consider other personal protection, safety boots, eye protection etc.

## **Load Storage.**

The best location for handling objects is waist height, consideration should be given to locating objects appropriately, therefore lighter objects should be stored were possible above or below this.

## **Training**

Personnel should be given the appropriate training and understand clearly the requirements of Manual handling tasks, and the risks to personal injury.

## **Signage**

Appropriate safety warning signs, notices and instructions should be clearly displayed drawing personnel's attention to risks.

## **Routines**

Consideration should be given to rotating the tasks that an individual undertakes, in order to give muscles a chance to rest from repetitive tasks, reducing monotony and increasing an individuals awareness.

## **Reducing the load**

With regard to cylinders

- Whenever possible use a trolley
- Use mechanical lifting gear where possible
- Use smaller less heavier loads where possible (consideration should be given to the frequency of handling occurring in each situation)
- Ensure that where practicable loads are not stored / stacked too high.
- Keep the environment clean and tidy
- Keep access ways clear and unobstructed
- Reduce the need for twisting, stooping and stretching when manual handling loads
- Lifting a load through a large distance will increase the risk of injury.