



Key Legislation: **Manual Handling Operations Regulations 1992**

KEY STATISTICS



6.6 million

Working days lost due to MSDs each year



33%

Of all work-related ill health cases are



£7.7 billion

Annual cost of MSDs to the UK economy



20%

Of MSDs caused by manual handling

LEARNING OBJECTIVES



Understand the legal requirements under the Manual Handling Operations Regulations 1992



Identify the risks associated with manual handling in the workplace



Apply the TILE risk assessment framework to manual handling tasks



Demonstrate safe lifting and carrying techniques

STEP-BY-STEP GUIDE

1

T — Task

Assess what the task involves: distance, height, frequency, posture required



2

I — Individual

Consider the person's capability, fitness, health conditions, pregnancy



3

L — Load

Check weight, size, shape, stability, sharp edges, grip points



4

E — Environment

Assess floor surface, space, lighting, temperature, obstacles

