

Little LifeSavers Employee / Volunteer Guidance Note on Manual Handling

Hazardous manual handling can occur when lifting and supporting harmful loads, reparative tasks or use of poor lifting and supporting techniques. Under the Manual Handling Operations Regulations 1992 the risks to the health of employees / volunteers from manual handling has been assessed [Reference: Little LifeSavers Risk Assessment – August 2024].

We promote the avoidance of:

- The need for hazardous manual handling as far as is reasonably practicable.
- Where this is unavoidable assess the risk of injury from any manual handling activities which cannot be avoided.
- Reduce the risk of injury from hazardous manual handling, as far as is reasonably practicable.
- Provide information, instruction and training on manual handling activities.

Practical Considerations

Step One

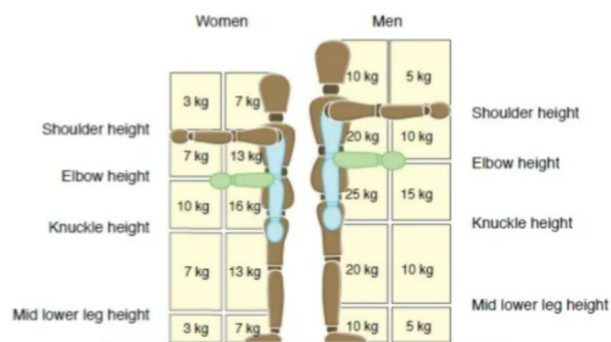
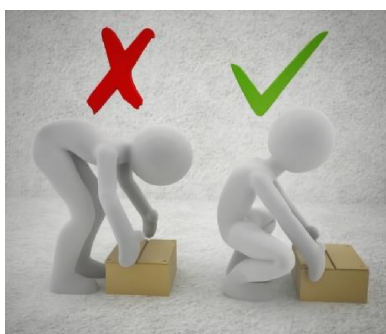
Test the weight of the load* and make sure you can lift it safely. If the weight of the load is uneven, make sure the heavier side is closer to you.

Step Two

Find a stable position and a neutral posture, with your shoulders back, feet shoulder-width apart, and your hips and shoulders facing the load. Putting one foot in front of the other gives you more balance.

Step Three

Use your legs - these are your strongest muscles. They help by taking the weight of the load to minimise the pressure that's put on your arms and back.



Lifting and lowering risk filter for men and women

Note:

*The heaviest Little LifeSavers manikin is the adult Brayden at 3.1kg

Laerdal Little Junior manikins are 2 kg each

Total weight for all 3 manikins together is 7.1kg