

EUSRA115

Manual handling and lifting of loads



Overview

This unit is about lifting and moving loads safely. It covers both manual lifting and the use of lifting equipment. You are expected to use approved lifting and handling techniques and follow company and manufacturers' guidelines and instructions when operating lifting and handling equipment. You will be required to demonstrate the ability to be proactive in the workplace.

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Performance criteria

You must be able to:

- P1 take suitable safety measures before lifting to protect yourself and other people
- P2 use approved lifting and handling techniques
- P3 check that any equipment you need to use is fit for use
- P4 use lifting and handling equipment in line with company guidelines and manufacturers' instructions
- P5 plan a safe and efficient route for moving goods
- P6 make sure that you understand your responsibilities when you ask others to help in lifting and handling operations

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Knowledge and understanding

You need to know and understand:

- K1 how to find out what you can lift safely
- K2 how to find out the weight of the loads you are asked to lift
- K3 company guidelines for not lifting more than is safe
- K4 why you should plan your route when moving goods
- K5 how to plan your route when moving goods, including the types of obstacles to look for and how to remove or avoid them
- K6 approved techniques for safe handling and lifting
- K7 company guidelines and manufacturers' instructions for using lifting and handling equipment
- K8 how using unsafe techniques for lifting and handling can affect you, the people lifting with you, and others close by

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