

Lifting Accidents

The Manual Handling Operations Regulations impose very strict duties upon employers to ensure that, so far as is reasonably practicable, employees avoid the need to undertake any form of manual handling operations at work which involve a risk of their being injured. If manual handling cannot be avoided in the workplace employers have to undertake adequate risk assessments to reduce the risk as far as possible and to ensure that employees are adequately trained to lift weights if the lift cannot be avoided completely.