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DESIGNED. MANUFACTURED. DELIVERED.

# YOUR GUIDE TO MANUAL HANDLING EQUIPMENT



# What is manual handling?

Manual handling refers to the act of transporting or supporting a load using hand or bodily strength, encompassing activities such as lifting, lowering, pushing, pulling, carrying, or moving the load. A load may consist of an object, person, or animal, and it is a significant contributor to workplace injuries.

Manual handling is regulated by the Manual Handling Operations Regulations 1992 (MHOR). Employers are required to safeguard their employees by evaluating risks and offering training, as improper techniques frequently result in musculoskeletal problems such as back pain.

## Why does manual handling matter?

**Legal Obligation:** The MHOR 1992 imposes legal responsibilities on employers to mitigate these risks by implementing appropriate risk assessments, providing training, and establishing safe working systems.

*More information can be found at: <https://www.hse.gov.uk/pubns/books/l23.htm>*

**Increased Risk of Injury:** Manual handling is responsible for approximately one-third of all workplace injuries in the UK, often leading to back pain and various musculoskeletal disorders.

## How can manual handling be improved in the workplace?

To enhance safety and mitigate manual handling injuries in your workplace, it is essential for both employers and employees to adhere to HSE guidelines: evaluate risks utilising the TILE method (Task, Individual, Load, Environment), prioritise the use of mechanical aids where possible, apply appropriate lifting techniques (bending at the knees rather than the back), and foster a safety first culture.

*More information can be found at: <https://www.hse.gov.uk/pubns/indg143.PDF>*

Assess Risks (TILE Method):

- **Task:** Is it possible to avoid or automate this? Does it require twisting, bending, or performing repetitive actions?
- **Individual:** Is the individual competent? Do they require training or a health evaluation?
- **Load:** Is it excessively heavy, oversized, unstable, or challenging to hold?
- **Environment:** Are there limitations in space, slippery surfaces, or inadequate lighting?



# How can we help your workplace?

Our bespoke manual handling equipment provides significant advantages in workplaces across the UK, with a primary emphasis on preventing injuries, enhancing efficiency, and ensuring compliance with Health and Safety Executive (HSE) regulations.

## Key Benefits Include:

**Injury Prevention:** The main advantage is the considerable decrease in physical stress on workers, which reduces the likelihood of musculoskeletal disorders (MSDs), back pain, sprains, and muscle fatigue.

Manual handling is a frequent source of workplace injuries in the UK, and the use of equipment assists in shifting the load away from the body.

**Enhanced Efficiency and Productivity:** Equipment such as trucks and trolleys enables employees to transport heavier or multiple loads more efficiently and with reduced effort, thereby accelerating tasks and enhancing overall output. This minimises the downtime linked to manual and intensive activities.

*(Bespoke powered handling options also available).*

**Compliance:** The utilisation of suitable handling equipment assists employers in fulfilling their legal obligations as stipulated by the **Manual Handling Operations Regulations 1992 (MHOR)** and the **Provision and Use of Work Equipment Regulations 1998 (PUWER)**.

Employers must strive to eliminate hazardous manual handling whenever feasible and minimise risks to the lowest level that is reasonably achievable, with equipment serving as a key approach to accomplish this.

**Cost Savings:** By avoiding accidents and injuries, companies can lower expenses related to sick pay, insurance claims, and possible legal fees or penalties for non-compliance.

**Improved Staff Retention & Morale:** Employees who perceive a sense of safety and support in their positions tend to exhibit higher levels of motivation, engagement, and satisfaction. This, in turn, contributes to improved job retention rates and fosters a more positive safety culture within the organisation.

**Better Safety and Control:** Handling products enhance safety, control and stability when managing loads, thereby minimising the likelihood of dropped items or accidents resulting from unbalanced weights.



# Examples of our Manual Handling Products



**Trolleys:** Picking Trolleys enhances operational efficiency by optimising the order picking process, minimising the transportation time for goods, and improving the overall organisation of warehouses.

Our trolleys greatly alleviate physical strain and decrease the likelihood of manual handling injuries among employees, thereby enhancing safety.

Custom designs, including multi-tier or specialised trolleys, boost accuracy, maximise storage capacity, and provide greater flexibility.

**Trucks:** Manual Trucks such as platform trucks or heavy load trucks enhance operational efficiency by optimising the load and transport process, minimising the transportation time for goods, and improving the overall manual operational processes.

Our trucks greatly alleviate physical strain and decrease the likelihood of manual handling injuries among employees, thereby enhancing safety.

Custom designs, including multi-tier or specialised trucks, boost accuracy, maximise storage capacity, and provide greater flexibility.



**Mobile Storage Units:** Mobile storage units offer convenient, on-demand, and flexible storage solutions, thereby removing the necessity for transportation, double-handling, and rigid, time-sensitive schedules.

They are economical for relocation, renovations, or additional inventory, enabling you to pack at your own speed while keeping items close at hand or in secure, climate-controlled storage.

Custom designs can boost accuracy, maximise storage capacity, and provide greater flexibility.



## Powered options available



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# Typical Constructions

**Frames:** Choice of mild steel, stainless steel and aluminium materials, with a range of box section, round tube and angle profiles to suit your requirements and environmental requirements.

**Infill/Panel:** Available in various materials from, mild steel and stainless steel mesh, mild steel and, stainless steel and aluminium sheet, to timber and recycled plastic to suit your specific operational and environmental needs.

**Castors & Wheeling:** Large range of options, from non-marking, silent running to antistatic and stainless steel to suit many environments and industry related standards.

**Finish:** Choice of powder-coated finishes, galvanised finish and raw state (*stainless steel / aluminium*).

We understand that each customer has their own unique specifications and environmental obligations to meet when choosing their products.

If you are unsure of your requirements, our team are on hand to assist and take care of your design to ensure your product meets safety and environmental standards, from heavy loads to food grade environments.

if required, we will visit site to carry out a site survey to ensure critical specifications are recorded.



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