

EUSWO36 - SQA Unit Code H2JF 04

Manual handling and lifting of loads



Overview

This national occupational standard 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.

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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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Additional information

Links to other NOS

This national occupational standard CCS9 belongs to the Creative and Cultural Skills – the standards setting body for Advertising, Crafts, Cultural Heritage, Design, Literature, Music, Performing, and Visual Arts.

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Developed by Energy and Utility Skills

Version number 1

Date approved May 2010

Indicative review date May 2012

Validity Current

Status Imported

Originating organisation Creative and cultural Skills

Original URN WO36

Relevant occupations Public Services; Public Service and Other Associate Professionals

Suite Waste Management

Key words manual handling, lifting, loads, efficient route, moving, handling equipment