

## Unit PSSPO101-6 Handle loads manually(SQA Unit Code H77K04)

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### Performance Criteria

#### You must be able to

#### Handle loads manually

1. confirm that loads are suitable and safe for lifting manually, including assessing their weight, before beginning any lift
2. identify the content of loads from the labelling and international symbols provided
3. ensure that where loads contain hazardous goods, that the relevant safety precautions are identified and followed
4. ensure that any obstructions on the route of the lift are cleared in advance
5. ensure that the correct lifting and handling techniques are used at all times when handling loads manually
6. use handling equipment safely taking due care to avoid damaging the load at all times
7. report any damage and difficulties in handling loads

### Knowledge and understanding

#### You need to know and understand

1. the legal responsibilities for maintaining own and others' health and safety in the workplace
2. current industry guidance **relevant to cargo handling** in own area of operations
3. the principal characteristics of the main types of cargo, and the associated **hazards**
4. the classes of dangerous goods under and the relevant markings current regulations/code(s)
5. safe manual handling and lifting techniques, the kinetics involved, and the importance of using these techniques correctly
6. the organisation's policies and procedures relating to manual handling loads relevant to own area of operations
7. the principal methods for storing cargo, and the factors to be taken into account when selecting the correct methods, including safe heights, stability requirements and any need for segregation

### Scope

**Requirements relevant to cargo handling should include:** dry and liquid bulk, cargo transport unit, roll-on/roll-off

### Glossary

**Hazard:** something with potential to cause harm

**Risk:** a risk is the likelihood of the hazard's potential being realised