

# Download Manual Handling Operations Regulations

Revised guidance aligned to the Regulations - reflecting that musculoskeletal disorders account for almost half of all work-related ill-health and manual handling injuries. Legislation is available in different versions: Latest Available (revised): The latest available updated version of the legislation incorporating changes made by subsequent legislation and applied by our editorial team. Manual Handling Operations Regulations 1992 (as amended) (MHOR) The Regulations define manual handling as: "...any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or bodily force". and "injured" shall be construed accordingly; "load" includes any person and any animal; "manual handling operations" means any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or by bodily force.