This briefing document lists the changes that have been made to the latest version of the Safe Moving and Handling Handbook.

The title of this product has been updated from ‘Safe Manual Handling Handbook’ to ‘Safe Moving and Handling Handbook’.

Page 3 New text after 4th paragraph:
Incorrect manual handling is one of the most common causes of injury at work.

Page 6 Paragraph titled ‘Compressed lumbar spinal nerve’ replaced with:
Intervertebral discs
A slipped disc (also known as a prolapsed or herniated disc) occurs when the outer case of a spinal disc protrudes or bulges (it may even split or rupture in some cases) and puts pressure on the spinal cord and nerves. A slipped disc can cause pain both in the area of the protruding disc and the area of the body that is controlled by the nerve that the disc is pressing on. A slipped disc is caused by increased pressure and strain on your spine. Bending awkwardly, jobs that involve heavy or awkward lifting or jobs that involve lots of sitting (particularly driving). Repetitive lifting and carrying can also put pressure on intervertebral discs and cause bulging or rupture.

Page 11 Paragraph 1
The self-employed are responsible for their own health and safety during manual handling activities. The self-employed should take the same steps to protect themselves from injury as an employer should do to protect their employees.

Replaced with:

Employees have duties as well:

- follow systems of work in place for their safety
- use equipment provided for their safety properly
- cooperate with their employer on health and safety matters
- take care to make sure their activities do not put others at risk
- inform their employer if they identify hazardous handling activities
Page 21 New text inserted at the top of this page:
The Health and Safety Executive (HSE) Risk assessment filter for manual handling (Guidance L23)
To help identify situations where a more detailed risk assessment is necessary, HSE has developed a filter to
screen out straightforward cases. It shows whether the manual handling risk is within the guidelines
illustrated on the back cover of this book. An employer would not normally have to do any other form of risk
assessment if the task falls within these guidelines, unless there are individual employees who may be at
significant risk. For example, pregnant workers, young workers, those with a significant health problem or a
recent manual handling injury. The filter guidelines only apply when the load is easy to grasp and held in a
good working environment. For advice on how to use this filter and the following tools, please go to
www.hse.gov.uk

Page 21
The Health and Safety Executive (HSE) Manual Handling Assessment Charts (MAC) tool, updated to:
HSE Manual Handling Assessment Charts (MAC) tool

Page 26 - 27 New text included under the new headings:
• Lifting Equipment
• The Lifting Operations and Lifting Equipment Regulations 1998 (LOLER)

Previously page 37, now page 38 ‘Handling Equipment’ section removed and not replaced in 5th edition.

Appendix 1 glossary, new text:
LOLER
The Lifting Operations and Lifting Equipment Regulations 1998. These require the testing, servicing and
thorough examination of lifting equipment. The maximum working load of the equipment must also be
marked.

PUWER
The Provision and Use of Work Equipment Regulations 1998. These require any equipment provided at work
(including equipment used to reduce the risk from manual handling) to be suitable for the purpose, ensure it is
maintained in efficient order and a good state of repair. It also requires the employer to provide information,
instruction and training on all work equipment for the users of such equipment.

Previously page 43, now page 44
Question 4. What could cause an intervertebral disc to rupture?
Replaced with:
What could cause an intervertebral disc to bulge or rupture?