

Overview

This NOS sets out the skills, knowledge and understanding for you to lift and handle goods safely. It is about lifting and handling goods manually without injuring yourself or other people.

This NOS is aimed at people involved with cash processing.

Performance criteria

You must be able to:

1. take suitable safety measures before lifting to protect yourself and other people
2. use approved lifting and handling techniques
3. check that any equipment you need to use is fit for use
4. use lifting and handling equipment in line with company guidelines and manufacturer's instructions
5. plan a safe and efficient route for moving goods
6. make sure that you understand your responsibilities when you ask others to help in lifting and handling operations

Knowledge and understanding

You need to know and understand:

1. how to find out what you can lift safely
2. how to find out the weight of the loads you are asked to lift
3. company guidelines for safe lifting
4. why you should plan your route when moving goods
5. how to plan your route when moving goods, including the types of obstacles to look for and how to remove or avoid them
6. approved techniques for safe handling and lifting
7. company guidelines and manufacturer's instructions for using lifting and handling equipment
8. how using unsafe techniques for lifting and handling can affect you, the people lifting with you, and others close by

Lift and handle goods safely

Developed by Skills for Security

Version Number 2

Date Approved November 2015

Indicative Review Date November 2018

Validity Current

Status Original

Originating Organisation Skills for Security

Original URN SFS CSH9

Relevant Occupations Elementary Occupations; Elementary Security Occupations

Suite Cash Processing Operations

Keywords handle; lift; goods; manual handling
