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INTRODUCTION

DEAR CUSTOMER

Welcome to our new catalogue. We trust that you will find the information and products of interest to you.

Lift Rite Ltd. specialises in the supply of materials handling and lifting equipment to industries as wide ranging and diverse as Electronic, Computer, Pharmaceutical, Medical Devices, Food, Beverage Manufacturing and Distribution. Our business success is based on the supply of Reliable, High Quality, Safe and User Friendly Equipment at a competitive price. We provide an excellent after sales service which enables Lift Rite Ltd. to offer the complete solution for your Lifting and Handling requirements.

Our company has over 25 years experience in providing solutions to reduce or eliminate the necessity for Manual Handling. With this wealth of practical experience, a unique product range, an honest, no nonsense approach and the backing of a dedicated team of professionals ensures Lift Rite Ltd. is well placed to offer the right Materials Handling Solution to any industry. All equipment is CE Marked and comes with the required documentation.

OUR OBJECTIVES

- To anticipate and meet our customers requirements at all times.
- Help them comply with the current Health and Safety Authority Manual Handling Regulations.
- To provide a solution that is Safe, Efficient and Cost Effective.
- To treat every Customer with the same honesty and attention to detail.
- To be recognised as the market leader in providing Quality Materials Handling Solutions.

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OVERHEAD LIFTING

BAL - TROL PNEUMATIC LIFTING



■ STAINLESS STEEL VACUUM DRUM ROTATOR

OPTIONS

Page 2

- MECHANICAL OR VACUUM GRIPPING TOOLS
- SPECIALIST DESIGN SERVICE AVAILABLE
- ROTATE OR TILT THE LOAD
- STANDARD ATTACHMENTS AVAILABLE
- BOXES, SACKS, DRUMS, SHEETS ETC
- INDOOR OR OUTDOOR USE
- ERGONOMICALLY DESIGNED HANDLE
- EX RATING OR ATEX COMPLIANT ON REQUEST

KEY FEATURES

- CAPACITIES FROM 2 KG UP TO 1000 KG
- EASY TO USE AND OPERATE / ERGONOMICALLY DESIGNED
- LOAD AND LIFT IN A SINGLE, SMOOTH OPERATION ADJUSTABLE SPEED
- CUSTOM MADE GRIPPERS TO LIFT ALMOST ANY OBJECT
- DRIVEN BY CLEAN DRY COMPRESSED AIR 6)BAR, ECONOMICAL AIR USAGE
- LOW CONSUMPTION OF AIR FOR QUIET OPERATION
- UNIQUE CONTROL SYSTEM / OBJECTS APPEAR WEIGHTLESS
- MOUNTED ON ALUMINIUM JIB ARMS OR GANTRY SYSTEMS
- ALL EQUIPMENT CE MARKED



■ STAINLESS STEEL VACUUM DRUM GRIPPER

EXAMPLES OF STANDARD BAG & SACK GRIPPERS



■ MECHANICAL SACK GRIPPER



■ VACUUM SACK GRIPPER



■ STAINLESS STEEL MECHANICAL SACK GRIPPER



STAINLESS STEEL VACUUM SACK GRIPPER

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EXAMPLES OF DRUM GRIPPERS



■ DRUM ROTATOR



■ DRUM ROTATOR

Page 4



■ DRUM ROTATOR



■ DRUM ROTATOR

EXAMPLES OF DRUM GRIPPERS





■ HIGH QUAILTY STAINLESS GMP FINISH





STAINLESS STEEL DRUM ROTATOR







■ MECHANICAL GRIPPER FOR MULTIPLE DRUMS



■ STAINLESS MECHANICAL GRIPPER

EXAMPLES OF DRUM GRIPPERS



■ HOOK ATTACHMENT FOR DRUMS & KEGS



■ VACUUM GRIPPER FOR DRUMS



■ VACUUM GRIPPER FOR DRUMS - GRIPPING FROM TOP
■ VACUUM GRIPPER FOR DRUMS - GRIPPING FROM SIDE

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EXAMPLES OF CARTON BOX GRIPPERS



■ GRIPPER FOR LARGE CARTON BOXES





■ STAINLESS STEEL GRIPPER FOR BOXES ■ VACUUM GRIPPER FOR CARTON BOXES



■ STAINLESS STEEL GRIPPER FOR BOXES

EXAMPLES OF REEL GRIPPERS



■ REEL GRIPPER - PNEUMATIC EXPANDER 90 DEGREE TILT



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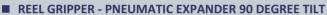
■ REEL GRIPPER - PNEUMATIC EXPANDER 90 DEGREE TILT



■ REEL GRIPPER - PNEUMATIC EXPANDER 90 DEGREE TILT ■ REEL GRIPPER - PNEUMATIC EXPANDER 90 DEGREE TILT

EXAMPLES OF REEL GRIPPERS







■ REEL GRIPPER - PNEUMATIC EXPANDER



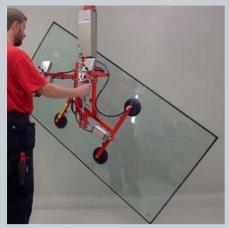
■ REEL GRIPPER - PNEUMATIC EXPANDER 90 DEGREE TILT



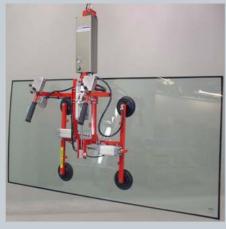
■ REEL GRIPPER - PNEUMATIC MECHANICAL CLAMP

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EXAMPLES OF VACUUM GRIPPERS FOR GLASS, STEEL & TIMBER SHEETS



■ VACUUM GRIPPER FOR GLASS



■ VACUUM GRIPPER FOR GLASS



■ VACUUM GRIPPER FOR GLASS



■ VACUUM GRIPPER FOR SHEETS



■ VACUUM GRIPPER FOR DOORS



■ VACUUM GRIPPER FOR SHEETS



■ VACUUM GRIPPER DOORS WITH 90° TILT

EXAMPLES OF GRIPPERS FOR SERVERS & ELECTRICAL COMPONENTS



■ VACUUM GRIPPER FOR SERVER CHASSIS



■ MECHANICAL GRIPPER FOR BATTERIES



■ VACUUM GRIPPER FOR SMALL SERVERS



■ MECHANICAL GRIPPER FOR BATTERIES



VACUUM TUBE LIFTERS



KEY FEATURES

- CAPACITIES FROM 5 KG UP TO 200 KG
- EASY TO USE AND OPERATE ERGONOMICALLY DESIGNED
- LOAD AND LIFT IN A SINGLE, SMOOTH OPERATION / ADJUSTABLE SPEED
- CUSTOM MADE GRIPPERS TO LIFT ALMOST ANY OBJECT
- VACUUM PUMP OPTIONS ELECTRIC OR PNEUMATIC
- UNIQUE CONTROL SYSTEM OBJECTS APPEAR WEIGHTLESS
- MOUNTED ON ALUMINIUM JIB ARMS OR GANTRY SYSTEMS
- ALL EQUIPMENT CE MARKED

OPTIONS

Page 12

- MECHANICAL OR VACUUM GRIPPING TOOLS
- SPECIALIST DESIGN SERVICE AVAILABLE
- ROTATE OR TILT THE LOAD
- STANDARD ATTACHMENTS AVAILABLE
- BOXES, SACKS, SHEETS, DRUMS ETC
- INDOOR OR OUTDOOR USE
- ERGONOMICALLY DESIGNED HANDLE
- EX RATING OR ATEX COMPLIANT ON REQUEST



EXAMPLES OF STANDARD TUBE LIFTERS



■ BAGGAGE LIFTER



■ GLASS SHEET LIFTER





■ BAG / SACK LIFTER ON ALUMINIUM ARM







■ LOW HEADROOM TUBE



■ STONE / BRICK LIFTER



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BAG / SACK LIFTER

EXAMPLES OF STANDARD TUBE LIFTERS



■ VACUUM LIFT FOR BAGGAGE



■ VACUUM LIFT FOR BOXES



■ LIFTER FOR BLOCKS OF CHEESE



■ LIFTER FOR LARGE BOXES

EXAMPLES OF STANDARD TUBE LIFTERS



■ DRUM LIFTER



■ VACUUM PACKED BLOCK LIFTER



■ BAG / SACK LIFTER



CARTON BOX LIFTER



CRANE SYSTEMS

LIGHTWEIGHT GANTRY & JIB CRANES

KEY FEATURES

- FIXED OR PORTABLE
- ALUMINIUM GANTRY SYSTEMS
- FIXED JIB CRANES
- ARTICULATED JIB CRANES
- STAINLESS STEEL & ATEX RATED
- EASY TO OPERATE
- MANUAL / AIR / ELECTRIC
- ECONOMICAL AIR CONSUMPTION
- SILENT RUNNING
- ADJUSTABLE SPEED OF LIFT
- EXTENSIVE SAFETY FEATURES
- ERGONOMIC CONTROLS
- CE MARKED

OPTIONS

- CAPACITIES FROM 20 KG TO 2000KG
- CUSTOM BUILT TOOLS
- STANDARD ATTACHMENTS AVAILABLE
- INDOOR OUTDOOR USE
- TELESCOPIC COLUMNS AVAILABLE
- ADJUSTABLE LIFT HEIGHTS
- ROTATE OR TILT THE LOAD
- QUICK CHANGE TOOLS
- OPTIONAL SWIVEL 360

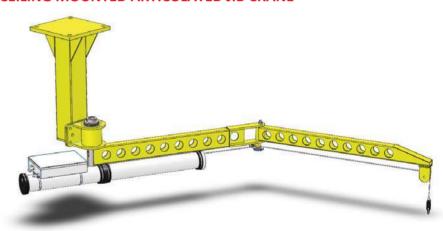
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• POWER - PNEUMATIC - BATTERY - ELECTRIC

LIGHTWEIGHT ALUMINIUM GANTRY



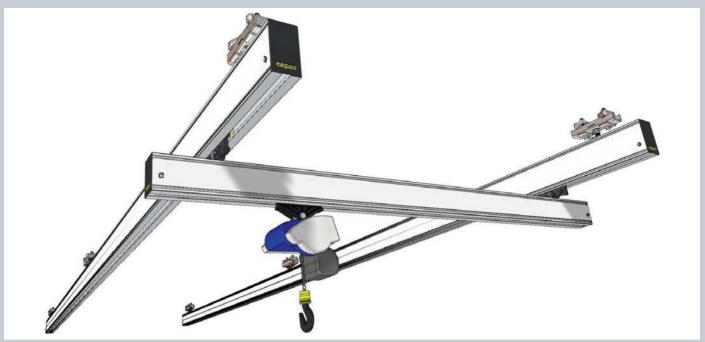
CEILING MOUNTED ARTICULATED JIB CRANE



FIXED PILLAR AND ALUMINIUM JIB CRANE



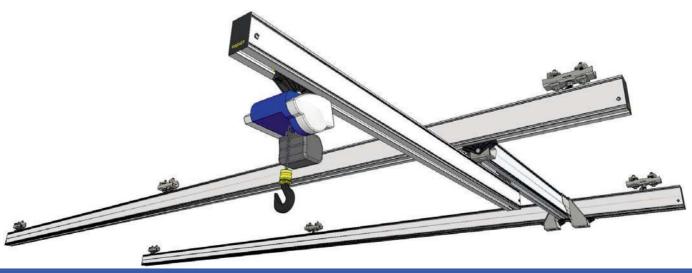
EXAMPLES OF LIGHTWEIGHT ALUMINIUM GANTRY CRANE SYSTEMS



■ LIGHTWEIGHT ALUMINIUM GANTRY CRANE



■ LIGHTWEIGHT ALUMINIUM GANTRY CRANE



■ LIGHTWEIGHT ALUMINIUM GANTRY CRANE WITH TELESCOPIC GIRDER

EXAMPLES OF ARTICULATED JIB CRANES



■ FIXED PILLAR & ARTICULATED JIB CRANE



FIXED PILLAR WITH STEEL STUB & ARTICULATED JIB CRANE

STAINLESS STEEL ARTICULATED JIB CRANE



STAINLESS STEEL ARTICULATED JIB CRANE WITH MECHANICAL DRUM GRIPPER

EXAMPLES OF STAINLESS STEEL ARTICULATED JIB CRANES

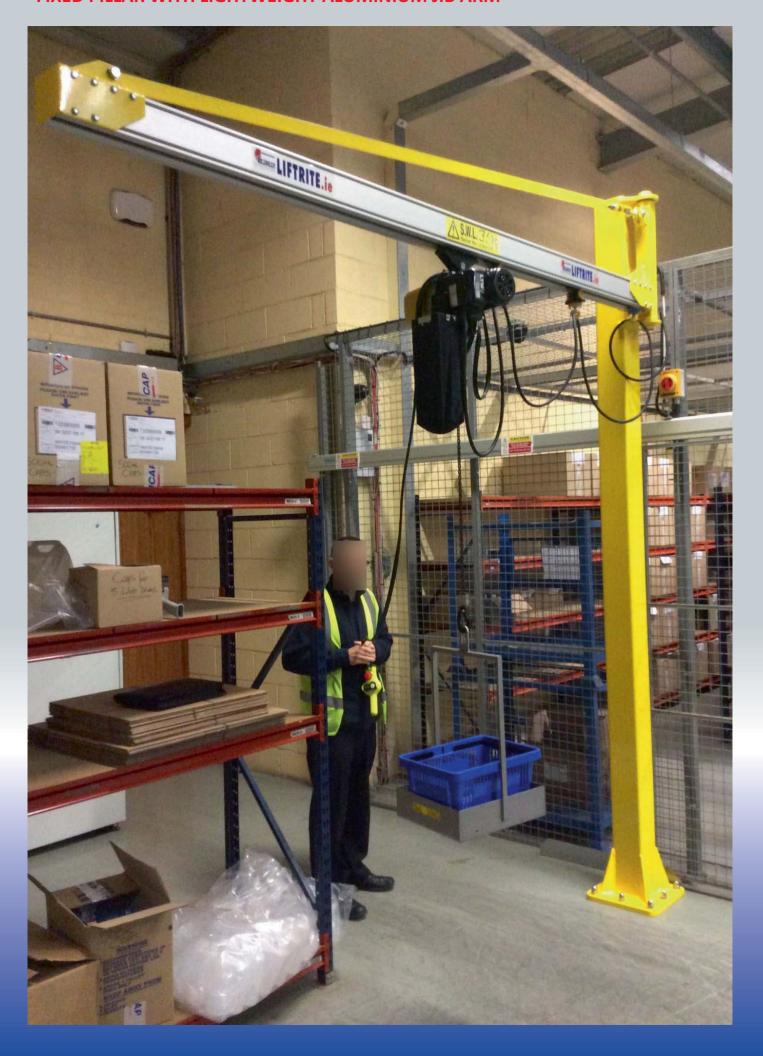




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FIXED PILLAR WITH LIGHTWEIGHT ALUMINIUM JIB ARM



EXAMPLES OF FIXED PILLARS WITH LIGHTWEIGHT ALUMINIUM JIB ARMS





FIXED PILLAR WITH LIGHT WEIGHT ALUMINIUM JIB CRANE

EXAMPLES OF PORTABLE CRANES



■ PORTABLE MOBI-ARM / ARTICULATED JIB CRANE



PORTABLE ARTICULATED JIB CRANE



■ PORTABLE FIXED JIB CRANE





ALUMINIUM & STAINLESS STEEL LIFT TROLLEYS

KEY FEATURES

LIGHTWEIGHT & ERGONOMIC RANGE OF PORTABLE LIFTING EQUIPMENT TO PREVENT POTENTIAL INJURIES



MANUAL / BATTERRY OR ELECTRIC LIFT

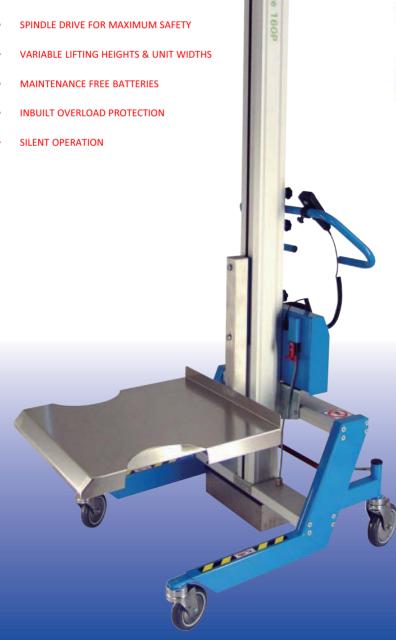
ALUMINIUM OR STAINLESS STEEL CONSTRUCTION

- MODULAR DESIGN



OPTIONS

- 70 90 130 175 225 300 KG UNITS AVAILABLE
- ATTACHMENTS REELS BOXES SACKS DRUMS ETC /
- MECHANICAL OR ELECTRICAL GRIPPERS,
- MECHANICAL OR ELECTRICAL ROTATORS,
- **TELESCOPIC MAST EXTENSIONS**
- **BUILT IN SAFETY STEPS**
- **BUILT IN WEIGHING SCALES**
- MAINTENANCE FREE HEAVY DUTY BATTERIES
- EX RATING OR ATEX COMPLIANT ON REQUEST
- SPECIALIST DESIGN SERVICE AVAILABLE



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STANDARD LIFTERS FOR NORMAL INDUSTRIAL APPLICATIONS



■ 120 KG REEL ROTATOR



■ WHEEL LIFTER



■ REEL LIFTER WITH V BLOCK



■ 130 KG LIFTER WITH CONVEYOR PLATFORM



■ STAINLESS STEEL REEL ROTATOR



■ 175 KG LIFTER WITH STAINLESS PLATFORM







STANDARD LIFTERS FOR NORMAL INDUSTRIAL APPLICATIONS







■ DRUM ROTATOR CONTROLS





■ EXPAND & TURN - REEL ROTATOR



■ 90° REEL ROTATOR

■ LIFTER WITH EXPANDING PRONG FOR REELS WITH 90° ROTATION



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■ 90 KG LIFTER WITH TWO PLATFORMS ■ 90 KG LIFTER WITH FORK ATTACHMENT ■ LIFTER WITH TELESCOPIC MAST

STANDARD LIFTERS FOR NORMAL INDUSTRIAL APPLICATIONS







■ SPECIAL LOW MAST WITH FORKS



175 KG LIFTER WITH SERVER LIFTING PLATFORM





LIFTER TO LIFT GLASS BOWL



GLASS BOWL 40 KG LIFTER



STAINLESS LIFTER WITH PLATFORM

LIFT & DRIVE TO LIFT & ROTATE BINS





■ 175 KG LIFTER FOR BINS



■ 175 KG LIFTER



■ ATTACHMENT TO LIFT & ROTATE BINS / CAN BE DESIGNED FOR SPECIAL SOLUTIONS





BESPOKE ATTACHMENT TO LIFT & ROTATE SWARF BINS



CLEANROOM MOBILE LIFT TROLLEYS

CLEANROOM & FOOD APPLICATIONS

KEY FEATURES

- MOBILE TROLLEYS FOR CLEANROOM AND FOOD APPLICATIONS
- STANDARD CAPACITIES: 40, 80, 150 & 300 KG
- POLISHED WELDS AND SEALED JOINTS
- STAINLESS-STEEL FINISH TO PREVENT DIRT-TRAPS
- 304 AS STANDARD
- 316 AVAILABLE
- HIGH QUALITY SURFACE FINISH AVAILABLE
- VERY MANOEUVRABLE
- ERGONOMIC DESIGN
- MANUAL OR ELECTRIC LIFT
- VARIOUS LIFT HEIGHTS AVAILABLE
- VARIETY OF ATTACHMENTS FOR DIFFERENT LOADS
- MECHANICAL OR ELECTRICAL ATTACHMENTS
- GRIPPERS, ROTATORS & DISPENSERS
- MAINTENANCE FREE, HEAVY DUTY BATTERIES
- ATEX COMPLIANT ON REQUEST
- CUSTOM BUILT ON REQUEST



STAINLESS STEEL LIFTERS FOR CLEANROOMS AND FOOD APPLICATIONS



■ LIFTER WITH V-BLOCK FOR REELS



■ ELECTRIC REEL CLAMP & ROTATOR



MANUAL REEL CLAMP & ROTATOR



STAINLESS STEEL VESSEL ROTATOR



■ ATEX RATED LIFTER



CLEANROOM LIFTER FOR HOPPERS



LIFTING VESSELS

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MANUAL WINCH OPERATED LIFTER

STAINLESS STEEL LIFTERS FOR CLEANROOMS AND FOOD APPLICATIONS



■ LIFTING DRUMS



■ JIB ATTACHMENT WITH CHAINS



■ DRUM ROTATOR







■ JIB ATTACHMENT WITH CHAINS



ATTACHMENT CAN PIVOT





BESPOKE DESIGNS AVAILABLE



SPECIAL STACKERS & DRUM TRUCKS



■ ELECTRIC LIFT TRUCK WITH DRUM ROTATOR - MANUAL PUSH



MANUAL TRUCK WITH DRUM ROTATOR



■ TRUCK WITH ELECTRIC MIXER FOR DRUMS



■ DRUM POSTIONER - VERTICAL



■ DRUM POSTIONER - TILTED



■ DRUM POSTIONER - HORIZONTAL

DRUM TRUCKS, LIFTERS & ROTATORS



■ DRUM TRUCK TO DE-PALLETISE



■ DRUM TRUCK TO DE-PALLETISE



■ DRUM TRUCK TO DE-PALLETISE



■ DRUM TRUCK TO DE-PALLETISE



■ HOOK SUSPENDED DRUM CLAMP



■ DRUM ROTATOR ON FORKLIFT



■ HOOK SUSPENDED DRUM ROTATOR

LIFT TRUCKS WITH STANDARD ATTACHMENTS







■ LIFT TRUCK WITH HINGED FORKS FOR REELS



LIFT TRUCK FOR UNPALLETISED BOXES & CRATES



■ LIFT TRUCK WITH FORKS



■ ADJUSTABLE - VARIABLE GEOMETRY





■ LIFT TRUCK WITH JIB ATTACHMENT ■ LIFT TRUCK FOR ROTATING BOXES



■ LIFT TRUCK WITH JIB & REEL ROTATOR



SCISSOR TABLES

MOBILE & STATIC SCISSOR LIFTS

KEY FEATURES

- **KEEPS LOAD AT A CORRECT ERGONOMIC** WORKING HEIGHT
- REDUCES REPETITIVE BACK STRAIN CAUSED BY BENDING
- ASSIST IN PALLET LOADING APPLICATIONS
- **ERGONOMICALLY DESIGNED WORK STATION**
- CAN BE USED AS A DOCK LEVELLER FOR **FORKLIFT TRUCKS**
- PIT OR FLOOR MOUNTED
- STANDARD OR LOW PROFILE
- **EXTERNAL OR IN-BUILT POWER PACKS**
- STANDARD OR HEAVY DUTY CONSTRUCTION
- **EXTENSIVE BUILT-IN SAFETY FEATURES**
- FOR USE WITH EURO & UK PALLETS
- **EMPHASIS ON SAFETY AND QUALITY**
- CE MARKED

OPTIONS

- 300 500 1000 2000 3000 4000 6000 10000 KG CAPACITY
- LIFT HEIGHTS FROM 500 MM TO 4600 MM
- E-SHAPED OR RECTANGULAR PLATFORM
- WIDE VARIETY OF PLATFORM LENGTHS AND WIDTHS
- TABLES CAN BE STATIC OR MOBILE
- MANUAL OR ELECTRIC
- MILD STEEL CONSTRUCTION AS STANDARD
- AVAILABLE IN GALVANISED OR STAINLESS STEEL FOR AGGRESSIVE APPLICATIONS FOOD OR PHARMACEUTICAL)INDUSTRIES
- **EXTENSICE RANGE OF ACCESSORIES**
- TURNTABLES RAMPS SAFETY BELLOWS PALLET BASE AVAILABLE



CUSTOM BUILT ON REQUEST

EX RATING OR ATEX COMPLIANT ON REQUEST



EXAMPLES OF STANDARD SCISSOR LIFT TABLES



■ DOUBLE SCISSORS BX 2000 KG



■ STANDARD DUTY AX 1000 KG



■ HEAVY DUTY DX 6000 KG



■ PIT MOUNTED AX 500 KG



■ BX 3000 KG

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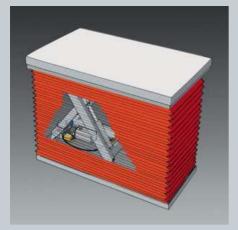
■ DX HEAVY DUTY LIFT TABLE



■ LOW PROFILE MX E-SHAPED 1000 KG

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SCISSOR LIFT TABLE ACCESSORIES





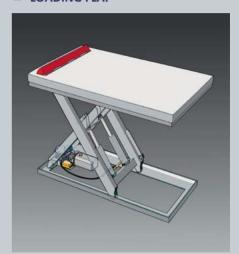


SAFETY BELLOWS

■ ROLLER CONVEYOR PLATFORM

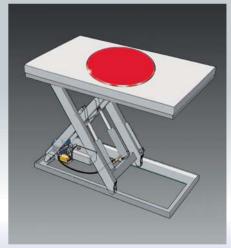
■ LOADING FLAP





ANTI-ROLL OFF GUARD





■ PIT MOUNTED SCISSOR LIFT TABLE

■ CIRCULAR TURNTABLE







RAISE & TILT PLATFORM

SELF LATCHING HINGED SWING GATE



MOBILE SCISSOR LIFT TABLES & PALLET PALS





■ TXC MOBILE SCISSOR LIFT - 500 KG



■ HF 2 C MOBILE SCISSOR LIFT - 250 KG

■ TXC MOBILE SCISSOR LIFT - 300 KG



■ PALLET PAL 360



AIR OPERATED PALLET PAL

■ PALLET PAL 360

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ELECTRIC VEHICLES

ORDER PICKING / PLATFORM TROLLEYS / TOW TRACTORS / UTILITY VEHICLES

OPTIONS

- ELECTRIC TOW TUGS CAPACITY UP TO 10,00KG ON FLAT GROUND
- HIGHLY MANOEUVRABLE
- BATTERY OPERATED
- ENVIRONMENTALLY FRIENDLY & VERY COST EFFECTIVE
- VARIOUS OPTIONS FOR HITCHING & TOWING
- PLATFORMS AVAILABLE
- SLOW / FAST SWITCH & ELECTRIC BRAKE
- ALL VEHICLES ARE CE CERTIFIED
- SAFETY FUNCTIONS INTEGRATED INTO ALL VEHICLES
- AFTER SALES SERVICE CAN BE PROVIDED





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EXAMPLES OF STANDARD ELECTRIC VEHICLES



■ M12 TOW TRUCK



■ M12 TOW TRUCK



■ M5 TOW TUG WITH LOAD BASKET





M9 REMOTE CONTROL TRUCK FOR SHOPPING TROLLEYS



■ M4 TOW TRUCK - PHARMACEUTICAL ■ M10 HD TOW TRUCK



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EXAMPLES OF STANDARD ELECTRIC VEHICLES



■ M6.5 TOW TRUCK



■ M6.5 TOW TRUCK TOWING LAUNDRY BINS



■ M6.5 WITH LIFTING SYSTEM



■ DUMPER-JET ELECTRIC WHEELBARROW



DUMPER-JET



M4 TOW TUG



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■ M4 TOW TUG TOWING TROLLEYS

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EXAMPLES OF STANDARD ELECTRIC VEHICLES



■ HELPFUL T PLATFORM TRUCK



■ HELPFUL T PLATFORM TRUCK IN GARDEN CENTRE



■ JESPI PLATFORM TRUCK



■ M15 ELECTRIC TROLLEY



■ DDM PERSONNEL CARRIER



■ M15 ELECTRIC TROLLEY



■ JACK PERSONNEL CARRIER

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M6.5 ELECTRIC TOW TUG WITH LIFTING SYSTEM



■ M6.5 ELECTRIC TOW TUG WITH LIFTING SYSTEM



M6.5 ELECTRIC TOW TUG WITH LIFTING SYSTEM

EXAMPLES OF ELECTRIC CARTS WITH SENSOR CONTROLLED HANDLES - TOUCH2MOVE



STAINLESS STEEL CART





■ GULL-WING DOORS







■ BUNDED STORAGE - CHEMICAL DRUMS ■ BUNDED STORAGE - CHEMICAL DRUMS ■ FOLDABLE MESH SIDES





■ TELESCOPIC DRAWERS



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PALLET TRUCKS & STACKERS





■ STACKER WITH ROTATOR ATTACHMENT



■ FULLY POWERED STACKER

STACKER WITH DRUM ROTATOR ATTACHMENT



■ FULLY STAINLESS STACKER



■ STANDARD PALLET TRUCK

■ HIGH LIFT PALLET TRUCK

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PALLET TRUCKS, TILTERS & HIGH LIFT PALLET TRUCKS



■ STANDARD PALLET TRUCK



■ SILENT PALLET TRUCK



■ POWERED PALLET TRUCK





STAINLESS TILTER



TILTER



■ HIGH LIFT PALLET TRUCK



■ HIGH LIFT PALLET TRUCK



■ STAINLESS HIGH LIFT PALLET TRUCK

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EXAMPLES OF STACKERS & ROTATORS



■ TWIN STACKER



■ STACKER WITH MANUAL PUSH & POWERED LIFT



■ WIDE STRADDLE DRUM ROTATOR

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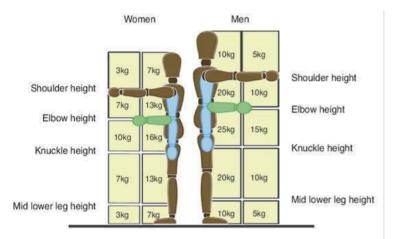
■ STAINLESS STEEL STACKER TRUCK

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MANUAL HANDLING GUIDELINES

AN EXCERPT FROM THE HEALTH AND SAFETY AUTHORITY 'SAFE MANUAL HANDLING' GUIDELINES



WHAT IS THE LAW?

Guide to the Safety, Health and Welfare at Work (General Application) Regulations 2007

The Regulations set out a framework for employers to avoid or reduce the risk of injury resulting from manual handling activities. The basic principle enshrined in this Part is that where manual handling of loads which involves a risk of injury (particularly to the back) is present, the employer must take measures to avoid or reduce the need for such manual handling. The definition of manual handling in Regulation 68 refers to activities where the characteristics of the load pose a risk and the ergonomic conditions of the activity are unfavourable. Regulation 69(c) requires that a risk assessment be carried out on all work tasks which involve manual handling activity. The risk assessment process should ensure that these activities are assessed to identify risk factors and to decide on appropriate control measures, including both engineering and organisational, to avoid or reduce the risk of musculoskeletal injury. This assessment should critically review manual handling operations. Full compliance with the requirements of Regulation 69 means that the employer completes a risk assessment of manual handling tasks in consultation with relevant staff, records the results of the risk assessment in a suitable documented format, puts appropriate control measures in place to avoid or reduce manual handling.

HANDLE WITH CARE



WHAT ARE THE MAXIMUM WEIGHTS TO BE LIFTED?

There are no longer any absolute weight limits – for the simple reason that there are too many other factors involved – these risk factors have already been covered.

GUIDELINE WEIGHTS

KEY RISK FACTORS ARE.

- excessive fatique
- bad posture cramped, restricted areas
- heavy loads
- · repetitive bending or twisting
- frequent lifting

However, this diagram indicates guideline weights for lifting and lowering for an adult male (fit and healthy) in the best working conditions. For a female all weights should be reduced by one third.

TWISTING

If a lifting task includes twisting there is a considerable increase in the chance of injury.

FREQUENT LIFTING OR LOWERING

These guideline weights assume up to 30 leisurely operations an hour – where the pace of work is not forced, there are adequate pauses to rest and the load is not held for any length of time.

The weights must be reduced if the operation is repeated more frequently

- by 30% if repeated once or twice per minute
- by 50% if repeated five to eight times per minute
- by 80% if repeated more than twelve times per minute

TACKLING THE PROBLEM

Employers have to seriously look for ways of eliminating manual handling in all cases.

PROVISION OF MECHANICAL AIDS

Wherever practical they must be provided – they can be as simple as a sack trolley. Any necessary training in their use must be provided.



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