

MANUAL HANDLING RISK ASSESSMENT

A manual handling risk assessment should be carried out before starting any activities that require significant lifting or manual handling.

MANUAL HANDLING ACTIVITY:	
Reference (if applicable):	Location:
Job (if applicable):	

Activity-specific risk factors

1. TASKS - Do they involve:	YES	NO
Holding or manipulating loads at a distance from the body?		
Unsatisfactory body movements or posture, especially:		
a) Twisting the body?		
b) Stooping?		
c) Reaching upwards?		
Excessive movement of loads, especially:		
a) Excessive lifting distance?		
b) Excessive lowering distance?		
c) Excessive carrying distance?		
Excessive pushing or pulling?		
Risk of sudden movement?		
Frequent physical effort?		
Prolonged physical effort?		
Insufficient rest periods?		
Insufficient recovery periods?		
A rate of work imposed by a process?		

2. LOADS - Are they:	YES	NO
Heavy?		
Bulky, awkward or with contents likely to shift?		
Sharp, hot or otherwise potentially harmful?		

3. WORKING ENVIRONMENT - Are there:	YES	NO
Space constraints preventing good posture?		
Uneven, slippery or unstable floors?		
Variations in level of floors or work surfaces?		
Extremes in temperature or humidity?		
Conditions causing ventilation problems or gusts of wind?		
Poor lighting conditions?		

4. INDIVIDUAL CAPABILITY - Does the task:	YES	NO
Require unusual strength or height?		
Create a hazard to individuals who might reasonably be considered to have a health problem?		
Create a hazard to anyone who is pregnant?		
Require special information or training for safe performance of the task?		
Other factors affecting individual capability (please state)?		

5. OTHER FACTORS - e.g. is movement or posture hindered by personal protective equipment or by clothing? Please state factor.

Details of those involved (individuals or groups)

NAMES	Signed that they understand the risk controls required

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Location:

NOTING ANY RISK FACTORS, LIST THE <u>REQUIRED RISK CONTROL MEASURES</u> BELOW:

Ensure your control measures relate to the actual activity being carried out, and the risk factors - for either groups or individuals - you have identified in this assessment.

(e.g. mechanica	l assistance,	team	handling,	training)
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This risk assessment carried out by:

Name:

Signature:

The risk assessment must be signed by the person carrying it out or responsible for it.



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