



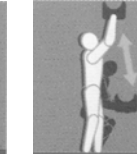

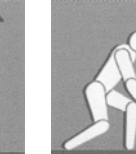
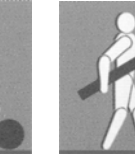
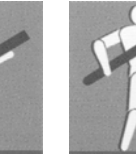
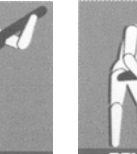
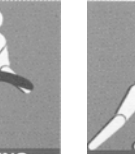

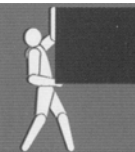

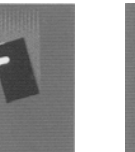


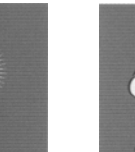


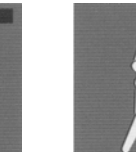





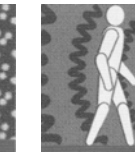


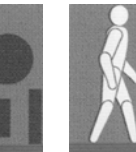
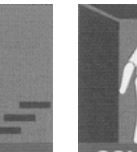
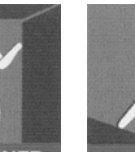
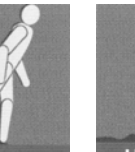


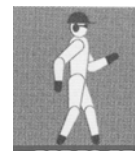

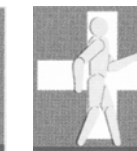


MANUAL HANDLING RISK ASSESSMENT

Mark boxes as appropriate. Every activity must be marked.

Directorate:	Premises:	Activity:
Materials to be handled:	Hazardous Contents:	Locations:
Can manual handling be eliminated?		

Task	 STOOPING	 LIFTING HIGH	 LIFTING LOW	 HANDLING WHILE SEATED	 REPETITION	 REACHING HIGH	 REACHING LOW	 CARRYING	 TWISTING	 BENDING SIDeways	 PUSHING	 PULLING
	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Load	 BULKY/ UNWIELDY	 DIFFICULT TO GRIP	 HOT	 COLD	 HEAVY	 LIGHT	 SHARP/ ABRASIVE	 UNSTABLE	 ECCENTRIC SHAPE			
	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>			
Environment	 HOT	 COLD	 HUMID	 WINDY	 DUSTY	 NOISY	 VIBRATING	 OBSTRUCTIONS	 STEPS	 CONFINED SPACES	 SLOPES	 UNEVEN SURFACES
	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Person	 NEED FOR UNUSUAL STRENGTH, ETC	 TRAINING REQUIRED	 PPE TO BE WORN	 18 - 55 YEARS?	 MEDICAL CONDITION OR HISTORY	Control Measures						
	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>							

Assessor.....	Date.....	Received by.....	Date.....
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MANUAL HANDLING RISK ASSESSMENT

GUIDANCE

What To Consider When Assessing Manual Handling Risks

Task

- The nature of the task: find out how much reaching, bending, stooping, stretching and twisting is involved.
- The position of the load relative to the handler in determining the degree of control and effort required to do the task. If a load has to be lifted above head height e.g. when accessing high shelves or fixing plaster-board to a ceiling, then the degree of control and effort needed will be greater than if the activity were carried out at waist height.
- The frequency and duration of the handling are important in determining the degree of risk. Where there are repetitive lifting operations combined with repeated bending, twisting and reaching over a period of time, the effect of all these tasks added together significantly increases the likelihood of injury e.g. moving laundry bags.

Load

- The nature of the load: is it heavy, bulky, hard to grasp? The weight, size, shape and stability of the load all contribute to the degree of control and effort needed for the activity.
- When moving people there may be a risk of unpredictable movement

Work Environment

- The nature of the working environment: is it hot, cold, windy, poorly lit? Are there slopes, uneven ground, poor access arrangements?
- Constraints on posture (such as firefighters may experience in confined spaces or home helps working in small rooms) increase the degree of control and effort needed for the task, increasing the risk of injury.
- Poor ground conditions make slips and trips more likely.
- Carrying items on slopes requires greater effort than carrying on the level.
- Manual handling should be done from a scaffold, not from a ladder.
- Placing light materials such as roofing sheets in windy conditions makes the manual handling task more difficult.

Individual Capability

- Does the job require someone of unusual height or strength? Does the individual have an existing health problem which increases the risk?
- An individual's age, strength, level of skill and experience will affect how much a person can safely handle.