

MANUAL HANDLING RISK ASSESSMENT FORM

Company/Organisation

Assessor

Manual Handling Activity/Task <i>Complete the relevant details of the activity being assessed</i>

Hazards <i>All hazards associated with the activity should be entered here. Task, Individual, Load, Environment, See</i>

Those at Risk <i>Staff, public and others</i>	
---	--

Current control measures <i>List current control measures</i>

With these controls the risk is (circle)	Adequately Controlled	Further controls required	Unacceptable
---	------------------------------	----------------------------------	---------------------

Further control measures required <i>List further action needed to adequately control risks</i>

Date				
Initial				

Use a new box each time this assessment is reviewed

MANUAL HANDLING RISK ASSESSMENT FORM

This list is intended to assist you in considering the risk of injury from manual handling operations. It should assist you in assessing the elements of the operation and assist in deciding suitable controls.

An Assessment is required if the operation involves a significant risk of injury, and cannot be avoided, mechanised, automated at a reasonable cost.

Task – does it involve?					
Stooping		Strenuous Pulling		Other (list below)	
Bending		Repetitive handling			
Twisting		Little rest/recovery			
Long travel distance		Work pacing			
Holding away from body		Reaching upwards			
Strenuous Pushing		High initial effort			
Frequent prolonged effort		Large vertical movements			

Individual capability					
Require unusual strength		Need special information or training		Other (list below)	
Have a health problem		Medical condition			
Pregnant					
Young person					

Load					
Heavy		Heavy at one end		Other (list below)	
Bulky		Rough surfaces			
Hot/cold		Shifting contents			
Contents could move		Difficult to see over			
Difficult to grasp		Open container			
Unstable/Unpredictable (people/animals)		Contain hazardous substances			

Environment					
Hot/humid		Varying floor levels		Other (list below)	
Cold		Floor in poor condition			
Windy		Cramped			
Poor lighting		Slippery floor			
Steps		obstructions			
Storage conditions		Unable to adopt good posture			

Other Factors					
Restrictive clothing				Other (list below)	
Personal Protective Equipment					
Team handling					