

## MANUAL HANDLING RISK ASSESSMENT FORM

Job(s) covered by the assessment:

Personnel involved:

Assessor:

Date of assessment:

Location:

The assessor should consider all of the following questions. If the answer is 'YES' place a tick against the question and assess if the level of risk (ie the probability of injury occurring) is low, medium or high. Also consider what, if any, remedial action should be taken to reduce the risk and record this on the sheet.

### Questions to consider

	Yes/No	Low	Medium	High
<b>1 TASK</b> - Does it involve -				
1.1 Holding the load away from the body?				
1.2 Stooping forward?				
1.3 Twisting at the waist?				
1.4 Reaching above shoulder height?				
1.5 Excessive lifting distances?				
1.6 Carrying the load for more than 1 metre?				
1.7 Strenuous pushing or pulling?				
1.8 Frequent/repetitive handling?				
<b>2 LOADS</b> - Are the loads -				
2.1 Heavy (outside guideline figures - see page 36)?				
2.2 Bulky?				
2.3 Difficult to grip?				
2.4 Unstable/floppy?				
2.5 Hot/cold?				
2.6 Sharp edged etc?				
2.7 Dirty/slippery?				
<b>3 WORK AREA</b> - Does the work area have -				
3.1 Restricted work space?				
3.2 Obstructed/slippery floor?				
3.3 Stairs and ramps?				
3.4 Poor lighting?				
3.5 Extremes of temperature?				

- 4 **EMPLOYEE** - Does the job/work -
- 4.1 Require above average strength?
  - 4.2 Present a hazard to those with a health problem?
  - 4.3 Present a hazard to those who are pregnant?
  - 4.4 Require special training?

Yes/No	Low	Medium	High

**Summary and conclusions**

**Is there a significant risk of injury?**

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**Possible remedial action/  
further information**

Signature of assessor .....