## Manual H

Assessor	

## Name of Employee Assessed:

Hz No.	Are the Loads:	Details
L1	Heavy	General individual item weight is lethan 1Kg. Full boxes can exceed 50
L2	Bulky or unwieldy	
L3	Difficult to grasp/hold	Slippery when oiled
L4	Unstable/unpredictable	
L5	Harmful – hot/sharp	

Hz No.	The individual: Does the job:	Details
I1	Requires unusual strength or capability	
12	Calls for special training/equipment	
13	Poses a risk for pregnant workers	
14	Poses a risk to those with a health problem or physical or learning difficulty	

Probability (P)	5=very likely, 4=likely, 3=quite possible, 2=possible, 1=unlikely
Severity (S)	5=fatal, 4=severe, 3=moderate, 2=slight, 1=negligible
Risk (R)	0-8=low risk, no action required. 9-15=medium risk, ensure ad

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Form
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RA Ref No:

Assessment Date	Review Dates / Initials

Job/Role:

Existing controls	Further controls / action
o need to lift full boxes. Boxes aded at level for forklift to move	NA
lone	Operatives to be given gloves with grips on fingertips

Existing controls	Further controls / action

-25=high risk, stop operation & implement control measures

Hz No.	Does the Task involve:	Details
T1	Holding loads away from the body	
T2	Twisting	
Т3	Stooping	
T4	Reaching upwards	
Т5	Large vertical movement – i.e. squat to stretch	
T6	Carrying long distances	
T7	Strenuous pushing or pulling	
Т8	Unpredictable movement of the load – i.e. liquids	
Т9	Repetitive handling	
T10	Handling driven by a process i.e. conveyor belt	
T11	Insufficient time to rest	

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Existing controls	Further controls / action

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Hz No.	In the working environment, are there:	Details
E1	Constraints on posture – i.e. room to stand	
E2	Variations in levels i.e. stairs or ramps	
E3	Hot/cold/humid conditions	
E4	Strong air movements - wind	
E5	Poor lighting conditions	

Existing controls	Further controls / action

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