

# S A M P

<b>Manual Handling Risk Assessment Form</b>	RA Ref No:
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<b>Assessor</b>		<b>Assessment Date</b>	<b>Review Dates / Initials</b>

<b>Name of Employee Assessed:</b>	<b>Job/Role:</b>
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Hz No.	Are the Loads:	Details
L1	Heavy	General individual item weight is less than 1Kg. Full boxes can exceed 50Kg
L2	Bulky or unwieldy	
L3	Difficult to grasp/hold	Slippery when oiled
L4	Unstable/unpredictable	
L5	Harmful – hot/sharp	

Existing controls	Further controls / action
no need to lift full boxes. Boxes loaded at level for forklift to move	NA
none	Operatives to be given gloves with grips on fingertips

Hz No.	The individual: Does the job:	Details
I1	Requires unusual strength or capability	
I2	Calls for special training/equipment	
I3	Poses a risk for pregnant workers	
I4	Poses a risk to those with a health problem or physical or learning difficulty	

Existing controls	Further controls / action

<b>Probability (P)</b>	5=very likely, 4=likely, 3=quite possible, 2=possible, 1=unlikely	
<b>Severity (S)</b>	5=fatal, 4=severe, 3=moderate, 2=slight, 1=negligible	
<b>Risk (R)</b>	0-8=low risk, no action required. 9-15=medium risk, ensure adequate controls	16-25=high risk, stop operation & implement control measures



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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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