

S A M P

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| Manual Handling Risk Assessment Form | RA Ref No: |
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|-----------------|------------------------|--------------------------------|
| Assessor | Assessment Date | Review Dates / Initials |
|-----------------|------------------------|--------------------------------|

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|-----------------------------------|------------------|
| Name of Employee Assessed: | Job/Role: |
|-----------------------------------|------------------|

| 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 |
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| 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 |
|-------------------|---------------------------|
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|------------------------|--|--|
| 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 adequate controls | 16-25=high risk, stop operation & implement control measures |

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| Hz No. | Does the Task involve: | Details |
|--------|---|---------|
| T1 | Holding loads away from the body | |
| T2 | Twisting | |
| T3 | Stooping | |
| T4 | Reaching upwards | |
| T5 | Large vertical movement – i.e. squat to stretch | |
| T6 | Carrying long distances | |
| T7 | Strenuous pushing or pulling | |
| T8 | Unpredictable movement of the load – i.e. liquids | |
| T9 | Repetitive handling | |
| T10 | Handling driven by a process i.e. conveyor belt | |
| T11 | Insufficient time to rest | |

| Existing controls | Further controls / action |
|-------------------|---------------------------|
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|---|
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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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