MANUAL HANDLING ASSESSMENT CHECKLIST

Assessment Summary				
Activity Assessed			Assessment No.	
School/Department			Date	
Location of Activity			Assessor	
Risk Factors	Risk (Y/N)	Notes		
THE TASK	T rask (Till)	T TOTAL S		
Holding load away from trunk				
Twisting		1		
Stooping		3		
Reaching upwards				
Excessive lifting or lowering	1			
Excessive carrying				
Excessive pushing or pulling		-		
Unpredictable movement				
Frequent or prolonged effort				
Insufficient rest/recovery				
Work rate imposed				
Handling while seated				
Team handling		-		
THE INDIVIDUAL				
Unusual strength or height needed				
Risk due to pregnancy				
Risk due to health				
Training required				
THE LOAD				
Heavy				
Bulky	4			
Difficult to grasp				
Unstable				
Sharp, hot or damaging	1 3			
THE ENVIRONMENT				
Space Constraints				
Flooring	9 5 1			
Variation in floor levels				
Extremes of temperature				
Ventilation problems				
Poor lighting				
OTHER FACTORS	900	4		
PPE and other clothing		1		

Manual Handling Checklist Risk Assessment

Phil Hughes, Ed Ferrett

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