

# MANUAL HANDLING ASSESSMENT CHECKLIST

## Assessment Summary

Activity Assessed

Assessment No.

School/Department

Date

Location of Activity

Assessor

Risk Factors	Risk (Y/N)	Notes
<b>THE TASK</b>		
Holding load away from trunk		
Twisting		
Stooping		
Reaching upwards		
Excessive lifting or lowering		
Excessive carrying		
Excessive pushing or pulling		
Unpredictable movement		
Frequent or prolonged effort		
Insufficient rest/recovery		
Work rate imposed		
Handling while seated		
Team handling		
<b>THE INDIVIDUAL</b>		
Unusual strength or height needed		
Risk due to pregnancy		
Risk due to health		
Training required		
<b>THE LOAD</b>		
Heavy		
Bulky		
Difficult to grasp		
Unstable		
Sharp, hot or damaging		
<b>THE ENVIRONMENT</b>		
Space Constraints		
Flooring		
Variation in floor levels		
Extremes of temperature		
Ventilation problems		
Poor lighting		
<b>OTHER FACTORS</b>		
PPE and other clothing		

# Manual Handling Checklist Risk Assessment

**International Organization for  
Standardization**



## **Manual Handling Checklist Risk Assessment:**

**Manual Handling Risk Assessment**, 1993      **The Development of a Scientifically Based Manual Handling Risk Assessment Checklist and Accompanying Guidelines which Have Been Tested for Usability with Novice Users**  
Lance David Kenningham, 1998      The Development of a scientifically based manual handling risk assessment checklist ...  
, 1997      Tolley's Practical Risk Assessment Handbook Mike Bateman, 2006-08-14 Risk assessment has become the backbone of health and safety management in the UK and elsewhere Employers have a legal duty to prove that risk assessments have been carried out and to ensure that appropriate precautions have been implemented Mike Bateman demystifies the risk assessment process and how it relates to UK legislation He covers both the general techniques and the assessment of specific risks such as hazardous substances COSHH noise manual handling Display Screen Equipment DSE workstations Personal Protective Equipment PPE fire asbestos and work at height The book is practical in its approach to risk assessment rather than being overly legalistic or academic and tells the reader how to go about risk assessment not just what the legislation requires It contains numerous checklists forms and worked examples for a variety of hazards and industries This edition has been fully updated to take into account the impact of the following requirements on risk assessments Work at Height Regulations 2005 full new chapter Control of Noise at Work Regulations 2005 Regulatory Reform Fire Safety Order RRFSo 2006 Mike Bateman runs his own health and safety consultancy and specialises in risk assessments He is a corporate member of IOSH and a registered health and safety practitioner      *Risk assessment* The Chartered Society of Physiotherapy, 2010 This resource for CSP Safety Representatives provides advice for checking their employer's process for manual handling risk assessments      *Risk Assessment* Georgi Popov, Bruce K. Lyon, Bruce D. Hollcroft, 2016-06-27 Covers the fundamentals of risk assessment and emphasizes taking a practical approach in the application of the techniques Written as a primer for students and employed safety professionals covering the fundamentals of risk assessment and emphasizing a practical approach in the application of the techniques Each chapter is developed as a stand alone essay making it easier to cover a subject Includes interactive exercises links videos and downloadable risk assessment tools Addresses criteria prescribed by the Accreditation Board for Engineering and Technology ABET for safety programs      *Contemporary Ergonomics* 1995 Ergonomics Society. Conference, 1995-04-01      Ergonomics - Manual Handling International Organization for Standardization, 2007      **First Steps in a Retail Career** Mark Wrice, 2002 This guide includes a basic introduction to retail concepts and a profile of the current retail industry for both students and professors Giving tips to those with or without retail experience on workplace communication customer interaction and sales techniques this guide provides a strong foundation for developing career skills in the retail industry Also discussed are overall safety in the workplace and the minimization of theft With activities and discussion points throughout this resource facilitates active participation and conversation      *The Ergonomics of Manual Work* William Steven Marras, 1993      **International Encyclopedia of**

**Ergonomics and Human Factors - 3 Volume Set** Informa Healthcare, Waldemar Karwowski, 2006-03-15 The previous edition of the International Encyclopedia of Ergonomics and Human Factors made history as the first unified source of reliable information drawn from many realms of science and technology and created specifically with ergonomics professionals in mind It was also a winner of the Best Reference Award 2002 from the Engineering Libraries

**Materials Handling News**, 2001

**Introduction to Health and Safety in Construction** Phil Hughes, Ed Ferrett, 2005 Fully covers the syllabus for the NEBOSH National Examination Board in Occupational Safety and Health United Kingdom Deals with the majority of construction activities as well as the key health and safety areas identified by the HSE Includes a summary of the main legislation ideal as a reference for students as well as managers in the construction industry cover

**Proceedings of the XIVth Triennial Congress of the International Ergonomics Association and the 44th Annual Meeting of the Human Factors and Ergonomics Society** International Ergonomics Association. Congress, 2000

*Handbook of Occupational Safety and Health* Louis J. DiBerardinis, 1999 Workplace safety and health is serious business In work environments where the safety and health of employees is a significant issue a major leadership challenge is to instill shared companywide values that establish the safety health and well being of each individual as a paramount concern of the business Now in its second edition the Handbook of Occupational Safety and Health originally edited by Lawrence Slote remains an essential first source for quick practical answers on this pivotal workplace issue Concise chapters detail specific issues of biological chemical and physical hazards to workplace safety and health and also address a broad spectrum of management concerns including training workers compensation liability coverage and regulatory matters While adhering to the requirements set by the Occupational Safety and Health Act OSHA of 1971 the authors of this volume advocate a progressive approach that exceeds basic compliance with established regulations Chapters emphasize not only worker protection through safe equipment and management supervision but also the safety training of workers Throughout contributors stress the need to align safety and health concerns fully with a company's business objectives offering insight into how these dual interests can be integrated With many chapters structured in an accessible how to format even those professionals inexperienced in occupational safety issues can rapidly gain a practical knowledge of the particular concerns of their industry For launching or updating a comprehensive workplace safety program or for assistance with confronting specific problems when they occur the Handbook is an ideal starting point for assessing risks and initiating proactive measures to prevent accidents in any industry A new edition of the one stop source for practical information on occupational safety and health Now expanded by more than 50 percent this Second Edition of the Handbook of Occupational Safety and Health originally edited by Lawrence Slote demonstrates how to control hazards to safety and health in many types of work environments and how to deal with injuries when they do occur It features 30 concise chapters that enable even those not formally trained in occupational safety to get up to speed quickly plus more than 150 helpful illustrations that complement

the text With up to date contributions from occupational physicians public health professionals legal experts and specialists in areas ranging from chemicals and radiation to noise exposure this comprehensive Handbook presents a complete program of effective responses to a vast range of occupational safety and health problems It includes An overview of the field and its recent advances with a clear explanation of managerial roles and responsibilities for safety and health Five sections on a variety of issues safety evaluations health assessment control practices physical hazards and legal affairs that make it simple to pinpoint information quickly How to advice step by step guidance on how to conduct an accident investigation maintain a quality medical surveillance program and much more Chapters on the prevention of specific hazards such as dermatoses heat stress radiation respiratory illness and infection Includes updated material based on chapters from Patty s Industrial Hygiene and Toxicology Fourth Edition      **Three Steps to Preventing Manual Handling Injuries at Work** WorkCover NSW.,1991      **Business** Perseus Publishing,2002-08-15 A landmark in reference publishing this resource covers virtually every aspect of the world of business It contains clear concise text plus profiles of 150 countries and biographies of management pioneers Includes 150 maps and 700 illustrations      *Labour Research* ,2000      Union Review ,1994      **OSH in Figures** Marthe Verjans,European Agency for Safety and Health at Work,2007 Includes statistics

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