

## MANUAL HANDLING RISK ASSESSMENT (HSF 201A)

This risk assessment form must be completed for all manual handling tasks where it is considered that the task places an employee at risk of injury. If the load is small and light enough to be easily moved safely by one person repetitively without risk of sprain or strain, then it is not necessary to complete this form. This assessment should be carried out with the aid and consultation of the operatives.

|                                                                  |                    |                |  |
|------------------------------------------------------------------|--------------------|----------------|--|
| Location                                                         |                    |                |  |
| Outline of risk assessment<br><i>Summary of what is proposed</i> |                    |                |  |
| Employee/s<br><i>List those involved</i>                         |                    |                |  |
| Assessor                                                         | Name:<br>Signature | Date completed |  |

| The Load                                                    |                          |                          |
|-------------------------------------------------------------|--------------------------|--------------------------|
|                                                             | YES                      | NO                       |
| Is the load heavy (guide weight 10Kg/1.57 stones or above)? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is the weight indicated on the load?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| Is the load large or bulky?                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| Is the load of an irregular shape?                          | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the surface prevent a good grip being achieved?        | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the shape or size interfere with the handler's vision? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are handholds or handles available?                         | <input type="checkbox"/> | <input type="checkbox"/> |
| Can the size, weight, shape, etc be altered by the handler? | <input type="checkbox"/> | <input type="checkbox"/> |

| The Task                                                            |                          |                          |
|---------------------------------------------------------------------|--------------------------|--------------------------|
|                                                                     | YES                      | NO                       |
| Is lifting from floor level required?                               | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the task require the loads to be supported away from the body? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is twisting, stretching or stooping involved?                       | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the task finish below knee or above shoulder height?           | <input type="checkbox"/> | <input type="checkbox"/> |
| Is the load being carried over long distances?                      | <input type="checkbox"/> | <input type="checkbox"/> |
| Is prolonged physical effort required?                              | <input type="checkbox"/> | <input type="checkbox"/> |
| Is repetitive handling required?                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| Are any work rates imposed?                                         | <input type="checkbox"/> | <input type="checkbox"/> |
| Are periods of rest and recovery incorporated in with the task?     | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the task require manual handling whilst seated?                | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the task require team lifts?                                   | <input type="checkbox"/> | <input type="checkbox"/> |

| The Working Environment                                         |                          |                          |
|-----------------------------------------------------------------|--------------------------|--------------------------|
|                                                                 | YES                      | NO                       |
| Does space constraint prevent good postures from being adopted? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are any floor areas in poor condition (slippery, uneven)?       | <input type="checkbox"/> | <input type="checkbox"/> |
| Do any fixtures or fittings create additional manual handling?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Are there variations in workplace floor levels?                 | <input type="checkbox"/> | <input type="checkbox"/> |
| Are there hot, humid or cold conditions encountered?            | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there adequate lighting for the task?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| Could strong air movements affect the load stability?           | <input type="checkbox"/> | <input type="checkbox"/> |

| Individual Capability                                                                      |                          |                          |
|--------------------------------------------------------------------------------------------|--------------------------|--------------------------|
|                                                                                            | YES                      | NO                       |
| Does the task require unusual strength or personal capability?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the task require special skills, knowledge or training for their safe execution?      | <input type="checkbox"/> | <input type="checkbox"/> |
| Do any individuals have health problems that may affect their ability to perform the task? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are any individuals pregnant or may have health restrictions?                              | <input type="checkbox"/> | <input type="checkbox"/> |
| Is there a need for mechanical assistance?                                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| Are the individuals required to use PPE?                                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| Is training required?                                                                      | <input type="checkbox"/> | <input type="checkbox"/> |

# Manual Handling Risk Assessment Form Template

**Jin-Ying Zhang**



## **Manual Handling Risk Assessment Form Template:**

## The Enigmatic Realm of **Manual Handling Risk Assessment Form Template**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Manual Handling Risk Assessment Form Template** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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