

## Manual Handling Checklist

Hazards to consider:	If yes, tick appropriate level of risk			Problems occurring from the task	Possible remedial action
	Low	Med	High		
<b>The tasks:</b> do they involve: <ul style="list-style-type: none"> <li>• holding loads away from the trunk?</li> <li>• twisting?</li> <li>• stooping?</li> <li>• reaching upwards?</li> <li>• large vertical distances?</li> <li>• long carrying distances?</li> <li>• strenuous pushing or pulling?</li> <li>• unpredictable movement of loads?</li> <li>• repetitive handling?</li> <li>• insufficient rest or recovery?</li> <li>• a work rate imposed by a process?</li> </ul>					
<b>The loads</b> – are they: <ul style="list-style-type: none"> <li>• Heavy?</li> <li>• Bulky/unwieldy?</li> <li>• Difficult to grasp?</li> <li>• Unstable/unpredictable?</li> <li>• Intrinsically harmful (e.g. hot/sharp)?</li> </ul>					
<b>The working environment</b> – are there: <ul style="list-style-type: none"> <li>• Constraints on posture?</li> <li>• Poor floors?</li> <li>• Variations in levels?</li> <li>• Hot/cold/humid conditions?</li> <li>• Strong air movements?</li> <li>• Poor lighting conditions?</li> </ul>					
<b>Individual capability</b> – does the job? <ul style="list-style-type: none"> <li>• Require unusual capability?</li> <li>• Hazard those with a health problem?</li> <li>• Hazard those who are pregnant?</li> <li>• Call for special information/training?</li> </ul>					
<b>Other factors:</b> Is movement or posture hindered by clothing or personal protective equipment?	Yes/No				