

Manual handling assessment

Department / contract / project	Task	Reference

Does the task involve	Yes	No	Possible remedial actions
Holding loads away from the trunk			
Twisting			
Stooping			
Reaching upwards			
Large vertical movements			
Long carrying distances			
Strenuous pushing and pulling			
Unpredictable movement of loads			
Repetitive handling			
Insufficient rest or recovery			
A work rate imposed by a process			

Are the loads:			
Over 25kg if they cannot be split			
Bulky / unwieldly			
Difficult to grasp			
Unstable / unpredictable			
Intrinsically harmful (eg sharp / hot)			

Environment			
Uneven floors / changes in levels			
Climate unusually hot / cold / humid			
Strong air movements			
Poor lighting conditions			
Carrying materials for long distances			

The individual			
Does the task require unusual capability			
Are there any hazards for pre-existing conditions			
Is PPE an hindrance to the task			

Summary of remedial actions or other notable factors

Completed by

Date
