



RISK ASSESSMENT

ACTIVITY: Manual handling

HAZARDS IDENTIFIED:
Lifting heavy items.

RISKS:
Strain injuries
Abrasions to hands

ASSOCIATED RISKS:
Musculoskeletal injuries
Orthopaedic surgery
Arthritis

SEVERITY RATING: 9

LIKELIHOOD RATING (severity X Likelihood) =

OVERALL RISK RANKING (severity X Likelihood)

1 = MINOR

2 = SERIOUS

3 = MAJOR

X

1 = LOW

2 = MEDIUM

3 = HIGH

X

RISK RANKING PRIORITY:
8-9 Unacceptable
4-7 Tolerable
2-3 Adequate
1 Acceptable

RISK SCORE ACTION
(Works must not start until strict controls are in place)
(Prioritise and control action as far as practicable)
(look for possible improvement at next review)
(No further action required review periodically)

CONTROL MEASURES GENERIC:
(a) Check on stability of load before lifting fully.
(b) Keep the load close to the waist.
(c) Adopt a stable position.

CONTROL MEASURES GENERIC CONTINUED:

- (d) Ensure a good hold on the load.
- (e) Lift with your legs rather than your back and arms.
- (f) Moderate flexion (slight bending) of the back, hips and knees at the start of the lift.
- (g) Don't flex the back any further while lifting.
- (h) Avoid twisting the back or leaning sideways especially while the back is bent.
- (i) Keep the head up when handling.
- (j) Hi Viz jackets Hard hats Rigger gloves Safety boots to be worn.
- (k) Don't lift or handle more than can be easily managed.
- (l) Seek to split the load into smaller lighter parts or improve method of carrying supporting the load through use of attachments, slings, lifting poles etc.
- (m) If two or more persons involved then one to take the lead.
- (n) If you are concerned that a load is too heavy - don't move it - particularly if you have an existing health affecting condition.
- (o) When multi lifting maximum load should not exceed 20Kilos per person.

CONTROL MEASURES SITE SPECIFIC:

Check for:








- (a) Uneven, slippery or unstable floors.
- (b) Variations in level of floors or work surfaces.
- (c) Extremes of temperature or humidity.
- (d) Conditions causing ventilation problems or gusts of wind.
- (e) Poor lighting conditions.

REVISED SERVITY RATING			
LIKELIHOOD RATING (severity X Likelihood) = 3 x 1	1= MINOR	2= SERIOUS X	3 = MAJOR X
OVERALL RISK RANKING (severity X Likelihood) = 3	1=LOW X	2= MEDIUM	3 = HIGH

Notes:

Take account of the particular requirements of employees who.

- (a) Are or have recently been pregnant.
- (b) Have a disability that may affect their manual handling capability.
- (c) Have recently had a manual handling injury or have a history of back, knee or hip trouble, hernia or other health problems which could affect their manual handling capability.
- (d) Are young workers or new to the job.
- (e) Are older workers

 Head EN 397	 	 Dust Mask FFP3	 Boots BS EN 345-1	 Gloves BS EN 388	 Hearing EN 352-1	 Light eye protection BS EN Spec 166
YES	YES	Site Specific	YES	YES	Site Specific	YES

ASSESSMENT COMPLETED BY : Neil Gulvin Tech IOSH MCI0B

SIGNED: 

DATE: 11/10/2021

REVIEW DATE: 11/10/2022