## Risk Assessment – Manual Handling

## Muscular/Skeletal Injury

Name:	Date:	
Division/Location:	Activity:	

'X' yes if the task requires any of the following actions to be done more than twice a minute or for more than 30 seconds at a time.

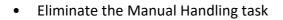
Activity	Yes	No	Comment
Bending the back forwards or sideways more than 20 degrees			
Twisting the back more than 20 degrees			
Backward bending of the back more than 5 degrees			
Bending the head forwards or sideways more than 20 degrees.			
Twisting the neck more than 20 degrees			
Bending the head backwards more than 5 degrees			
Working with one or both hands above shoulder height			
Working with one or both hands above shoulder height			
Reaching forwards or sideways more than 30cm from the body			
Reaching behind the body			
Squatting, kneeling, crawling, lying, semi-lying or jumping			
Standing with most of the body's weight on one leg			
Twisting, turning, grabbing, picking, or wringing actions with the fingers, hands or arms			
Working with the fingers close together or wide apart			
Very fast movements			
Excessive bending of the wrist			
Lifting or lowering			
Carrying with one hand or one side of the body			



Activity	Yes	No	Comment		
Exerting force with one hand or one side of the body					
Pushing pulling or dragging					
Gripping with the fingers pinched together or held wide apart					
Does the task involve long duration?					
Exerting force while in an awkward posture					
Holding, supporting, or restraining any object, person, animal or tool					
Tick yes if the task is done for more than 2 hours over a whole shift or continually for more than 30 minutes at a time.					
Does the task involve repetitive or sustained postures, movements, or forces?					
For example, bending or twisting the body, neck, arms, or wrists, reaching, lifting, pushing, pulling, carrying, very fast movements, or exerting force while in an awkward posture.					
Does the task involve long duration?					
Is the task done for more than 2 hours over a whole shift or continually for more than 30 minutes at a time?					
Does the task involve high force?					
For example, lifting, lowering or carrying heavy loads, sudden or unexpected forces, pushing or pulling objects that are hard to move, exerting force at the limit of the grip span, or the task is difficult to do					
Is there a risk?					
Are environmental factors increasing the risk?					
Comments:					

The National Standard for Manual Handling requires an employer to establish the most effective and workable control measures.

Risk Control should include the following (hierarchy of importance):





- Re-Design the task to eliminate or control the identified risk
- Provide a mechanical aid to reduce the Manual Handling risk
- Provide appropriate training on safe manual handling and correct use of mechanical aids
- Administrative control such as job rotation

## Risk Controls for the activity

Discussion	Control Options				
Conclusion					
	Discussion				

Name (Print):

Date:

Signature:

