

SAMPLE RISK ASSESSMENT FOR MANUAL HANDLING

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See It: Risk Identification

Look at injury records

Talk to employees and their health and safety representatives

Watch the work in progress

See it: Risk Assessment

What is causing these manual handling injuries?

Look at :

- force applied

- actions and movements used

- range of weights

- how often, and for how long, manual handling is done

- where the load is positioned and how far it has to be moved

- availability of mechanical aids

- layout and condition of the work environment

- work organisation

- position of the body while working

- analysis of injury statistics

- age of workers

- skill and experience of the workers

- nature of the object handled

- any other factor considered relevant

Fix it: Risk Control

What changes can be made to prevent these manual handling injuries?

- redesign the job

- provide mechanical handling equipment

- provide training in manual handling skills

Evaluate it

Are the changes made working successfully?

Check that the changes :

- are used correctly

- are not causing further problems

- do help reduce injuries