

MANUAL HANDLING ASSESSMENT CHECKLIST

Assessment Summary

Activity Assessed

Assessment No.

School/Department

Date

Location of Activity

Assessor

Risk Factors	Risk (Y/N)	Notes
THE TASK		
Holding load away from trunk		
Twisting		
Stooping		
Reaching upwards		
Excessive lifting or lowering		
Excessive carrying		
Excessive pushing or pulling		
Unpredictable movement		
Frequent or prolonged effort		
Insufficient rest/recovery		
Work rate imposed		
Handling while seated		
Team handling		
THE INDIVIDUAL		
Unusual strength or height needed		
Risk due to pregnancy		
Risk due to health		
Training required		
THE LOAD		
Heavy		
Bulky		
Difficult to grasp		
Unstable		
Sharp, hot or damaging		
THE ENVIRONMENT		
Space Constraints		
Flooring		
Variation in floor levels		
Extremes of temperature		
Ventilation problems		
Poor lighting		
OTHER FACTORS		
PPE and other clothing		

Manual Handling Checklist Risk Assessment

Rachel S Tattersall



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