

Date:		Company:	
Work Area:		Site / Project:	
Inspected by:		Signature:	

A risk assessment shall be completed if any harm described below is either:

- carried out more than twice a minute or for more than 30 seconds at a time and/or
- for more than 2 hours or continuously for more than 30 minutes at any time during an eight hour shift

Item	Checklist Item	Yes	No	N/A	Comments
81	Reversing the back foot into an overhand roll for J1 segment				
82	Reversing the back into roll for J1 segment				
83	Rolling and reversing of the back into roll for J2 segment				
84	Reversing the front foot into an overhand roll for J2 segment				
85	Reversing the front into roll for J2 segment				
86	Overturning of the front foot into a roll into a front flip				
87	Reversing the front into an overhand roll for J3 segment				
88	Reversing the front into roll				
89	Overturning, landing, pulling, hanging, pumping				
90	Rolling and reversing through the top of the jump				
91	Rolling and reversing through the top of the jump				
92	Rolling and reversing through the top of the jump				
93	Rolling and reversing through the top of the jump				
94	Rolling and reversing through the top of the jump				
95	Rolling and reversing through the top of the jump				
96	Rolling and reversing through the top of the jump				
97	Rolling and reversing through the top of the jump				
98	Rolling and reversing through the top of the jump				
99	Rolling and reversing through the top of the jump				
100	Rolling and reversing through the top of the jump				

STOP WORK IF HAZARDS IN THE WORKPLACE CAN CAUSE HARM TO EMPLOYEES

Item	Corrective Action Required	Closed out Date	Assigned by	Added to Register

[illegible]

Figure 2 *Mean (SD) age and sex of participants in each group*

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S Nieto



Manual Handling Equipment Audit:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Manual Handling Equipment Audit**

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