

# MANUAL HANDLING RISK ASSESSMENT

(Adapted from the Worksafe Australia & WorkCover NSW Manual Handling Risk Assessment Checklist)

This checklist is provided to assist the assessment of manual handling risks. It should be used as a guide when assessing a manual handling task, and is to be used by volunteers under supervision by Club/Zone Executive and/or Safety Officers.

- Place a tick in either the "Yes" or "No" boxes for each and every question. "No" includes "not applicable".
- Answering "Yes" to any of the following questions indicates an increased manual handling risk.
- "Suggested control options" should only be seen as a preliminary brainstorming activity, prior to the process of Risk Control.
- Where possible, the supervisor may be able to take appropriate action to follow-up recommendations arising from this assessment.

Description of Work Location:	
Description of Task:	
Date:	
Assessed by:	
Volunteers consulted:	

## A ACTIONS & MOVEMENTS

1.	Is the load shared unevenly between both hands, or lifted by one hand only?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2.	Is the object pushed or pulled across the front of the body?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3.	Is there frequent or prolonged sideways backward or forward bending of the neck or back?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4.	Is there frequent or prolonged twisting or neck and back to lift an object or to exert force?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5.	Are two back movements performed at the same time?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6.	Are several tasks performed in the one position, where some are best done in a seated position and the other are best done in a standing position?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Suggested Control Options: .....

## B WORKPLACE AND WORKSTATION LAYOUT

7.	Is the lay-out inappropriate for the manual handling task and the physical dimensions of the employees performing the task?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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# Manual Handling Risk Assessment Form

**B Lingard**



**Manual Handling Risk Assessment Form:**

## **Manual Handling Risk Assessment Form** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Manual Handling Risk Assessment Form**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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### **Table of Contents Manual Handling Risk Assessment Form**

1. Understanding the eBook Manual Handling Risk Assessment Form
  - The Rise of Digital Reading Manual Handling Risk Assessment Form
  - Advantages of eBooks Over Traditional Books
2. Identifying Manual Handling Risk Assessment Form
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Manual Handling Risk Assessment Form
  - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Handling Risk Assessment Form
  - Personalized Recommendations
  - Manual Handling Risk Assessment Form User Reviews and Ratings
  - Manual Handling Risk Assessment Form and Bestseller Lists

5. Accessing Manual Handling Risk Assessment Form Free and Paid eBooks
  - Manual Handling Risk Assessment Form Public Domain eBooks
  - Manual Handling Risk Assessment Form eBook Subscription Services
  - Manual Handling Risk Assessment Form Budget-Friendly Options
6. Navigating Manual Handling Risk Assessment Form eBook Formats
  - ePub, PDF, MOBI, and More
  - Manual Handling Risk Assessment Form Compatibility with Devices
  - Manual Handling Risk Assessment Form Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Manual Handling Risk Assessment Form
  - Highlighting and Note-Taking Manual Handling Risk Assessment Form
  - Interactive Elements Manual Handling Risk Assessment Form
8. Staying Engaged with Manual Handling Risk Assessment Form
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Manual Handling Risk Assessment Form
9. Balancing eBooks and Physical Books Manual Handling Risk Assessment Form
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Manual Handling Risk Assessment Form
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Manual Handling Risk Assessment Form
  - Setting Reading Goals Manual Handling Risk Assessment Form
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Manual Handling Risk Assessment Form
  - Fact-Checking eBook Content of Manual Handling Risk Assessment Form
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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