

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 Template

**Phil Hughes MBE, Phil Hughes, Ed
Ferrett**



Manual Handling Risk Assessment Form Template:

Tolley's Practical Risk Assessment Handbook Mike Bateman, 2006 Risk assessment has become the backbone of Health and Safety management in the UK and elsewhere Employers have a legal duty to prove that risk assessments have been carried out and precautions have been implemented Mike Bateman demystifies the risk assessment process and how it relates to UK legislation Previous ed Croydon LexisNexis 2003 *Electrical Trade Practices 2nd edition* Ralph Berry, Frank Cahill, Phillip Chadwick, 2019-02-01 Written to the core practical units of competency from the UEE11 Electrotechnology Training Package Electrical Trade Practices 2e by Berry Cahill and Chadwick provides a practical yet comprehensive companion text covering the practical units within the UEE30811 Certificate III in the Electrotechnology Electrician qualification Electrical Trade Practices is the practical volume to accompany Phillips Electrical Principles **Tolley's Risk Assessment Workbook Series: Utilities** Peter Ellis, Jaan Stanton, 2020-12-14 Risk assessment is the key to successful management of health and safety at work Risk assessments are carried out in order to quantify and evaluate the significance of workplace hazards so that appropriate control measures can be put in place Usually a written record of the assessment is required detailing the following information The hazards and how much risk is associated The risk with appropriate control measures Deadlines to follow up the risk assessment to ensure the risk is managed Failure to carry out risk assessments punishable by law is often due to lack of a suitable risk assessment system Tolley's Risk Assessment Workbook Utilities provides that system both in the form of key background information on how to carry out a risk assessment understanding relevant legislation and regulations but most importantly by providing Checklists highlighting key industry specific hazards and control measures Questionnaires highlighting key questions the risk assessor should ask when analysing the risk posed by the hazard Action Plans to ensure the risk assessment is followed up and completed The Workbook offers a practical risk assessment system it shows you how to comply with the law and gives you the foundations of a logical procedure that can be understood easily put into place quickly where necessary and adapted to your organisation's needs Tolley's Risk Assessment Workbooks is a series of practical Workbooks providing you with all the information you need to conduct risk assessments in industry specific areas including Manufacturing Retail Leisure Education Offices and Construction A special Risk Assessment Workbook on Stress has also been developed in order to facilitate management of this issue which is of key concern to all organisations **International Health and Safety at Work** Phil Hughes MBE, Phil Hughes, Ed Ferrett, 2015-09-16 International Health and Safety at Work has been specially written in simple English for the thousands of students who complete the NEBOSH International General Certificate in Health and Safety each year Fully revised in alignment with the April 2015 syllabus this third edition provides students with all they need to tackle the course with confidence Clear easily accessible information is presented in full colour with discussion of essential principles such as ILO and OSH conventions as well as legal frameworks from a range of countries Aligned to the NEBOSH International General Certificate in Occupational

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Introduction to Health and Safety in Construction Phil Hughes, Ed Ferrett, 2007 This volume fully covers the syllabus for the NEBOSH Certificate in Construction Safety and Health It has been updated in line with changes in legislation regarding fire safety noise and vibration work at height construction design and control of hazardous substances

Introduction to Health and Safety at Work Phil Hughes MBE, Ed Ferrett, 2020-12-22 Introduction to Health and Safety at Work covers the fundamentals of occupational safety and health for the thousands of students who complete the NEBOSH National General Certificate in Occupational Health and Safety each year This seventh edition closely follows the NEBOSH National General Certificate syllabus which was updated in 2019 and comes into use in 2020 The highly illustrated content covers all of the essential elements of health and safety management the legal framework risk assessment and control standards and also includes checklists report forms and record sheets to supplement learning It also has an extensive summary of current health and safety legislation Aligned to the NEBOSH National General Certificate in Occupational Health and Safety Practice questions and answers to test knowledge and increase understanding Complete with a companion website containing extra resources for tutors and students The book is suitable for all students following a level 3 Health and Safety course and a source of reference and guidance for managers at work in the UK Written by renowned authors this book is often provided as part of the Certificate course and is essential reading for a student

International Health and Safety at Work Phil Hughes, Ed Ferrett, 2013-05-07 The second edition of International Health and Safety at Work has been specially written in simple English for the thousands of students who complete the NEBOSH International Certificate in Health and Safety each year Fully updated and matched to the March 2011 syllabus this course book provides students with all they need to tackle the course with confidence Full colour pages and over 200 illustrations bring health and safety to life Each chapter starts with learning outcome summaries and ends with questions taken from recent NEBOSH examinations Specimen answers and a study skills chapter are also included to aid exam preparation Endorsed by NEBOSH for the International General Certificate in Occupational Health and Safety Provides all the material students need for the course including tables forms and checklists that can be used for health and safety activities such as risk assessment Gives a unique summary of Occupational Health and Safety legal frameworks in over 20 countries including the EU and USA plus details of several ILO conventions and recommendations which are useful to students and a wide range of managers This NEBOSH endorsed textbook introduces the reader to the fundamentals of health and safety in the workplace from an international perspective The book not only meets the needs of students on the NEBOSH course but remains a useful reference for all managers who

work to international standards and need to adapt them to local needs and practice Phil Hughes MBE MSc CFIOSH is a former Chairman of NEBOSH 1995 2001 former President of IOSH 1990 1991 and runs his own consultancy He received an MBE for services to health and safety and as director of RoSPA in the New Year s Honours List 2005 Ed Ferrett PhD BSc Hons Eng CEng MIMechE MIET CMIOSH is a former Vice Chairman of NEBOSH 1999 2008 and a lecturer on various NEBOSH health and safety courses He is a Chartered Engineer and a health and safety consultant

Introduction to Health and Safety at Work Phil Hughes,Ed Ferrett,2009-07-24 Introduction to Health and Safety at Work has been developed for the NEBOSH National General Certificate in Occupational Safety and Health Each element of the syllabus has a dedicated chapter and both taught units are covered in this book A chapter on international aspects also makes this book suitable for the NEBOSH International General Certificate in Occupational Safety and Health Previous editions of this book have been used for other NVQ level 3 and 4 courses in health and safety Full colour pages and hundreds of illustrations bring health and safety to life To make studying easier each chapter starts with learning outcome summaries and ends with questions taken from recent NEBOSH examinations Specimen answers and a study skills chapter aid exam preparation As an introduction to all areas of occupational safety and health the book acts as a practical reference for managers and directors with health and safety responsibilities and safety representatives It covers the essential elements of health and safety management the legal framework risk assessment and control standards and includes handy forms and checklists New in this edition Updated throughout in line with changes in the regulations Learning outcomes now included at the beginning of each chapter Companion website with downloadable health and safety forms Endorsed by NEBOSH Student friendly presentation in full colour packed with illustrations and photographs Revision questions and sample answers taken from recent NEBOSH examinations to test your knowledge Includes a summary of the main legal requirements ideal for both students and managers A free companion website is also available at www.elsevierdirect.com/companions/9781856176682 and features Editable health and safety forms Selected appendices sections in electronic format Phil Hughes MBE MSc CFIOSH is a former Chairman of NEBOSH 1995 2001 former President of IOSH 1990 1991 and runs his own consultancy He received an MBE for services to health safety and as a director of RoSPA in the New Years Honours List 2005 Ed Ferrett PhD BSc Hons Eng CEng MIMechE MIET CMIOSH is a former Vice Chairman of NEBOSH 1999 2008 and a lecturer on NEBOSH courses at Cornwall Business School of Cornwall College He is a Chartered Engineer and a health and safety consultant

Risk Assessments Questions and Answers Pat Perry,2003 Risk analysis Risk assessment Health and safety management Health and safety requirements Occupational safety Hazards Legislation Health and Safety

Principles of Construction Safety Allan St John Holt,2008-06-09 The construction industry has not had a good record on health and safety and faces tough legal and financial penalties for breaches of the law This book provides a unique resource for all those who construct or procure the construction of projects of all sizes and in all countries and for clients who need to keep abreast of their own and their

contractors responsibilities It gives practical guidance on best practice including measuring performance and recording information developing a safety policy and method statements assessing risk training and understanding people the basics of the construction environment interface The book addresses several topics not found in other reference works discussing techniques of health and safety and basic environmental management as applied to the industry It uniquely provides 50 quick reference guides setting out solutions to common problems These include falls manual and mechanical handling work with asbestos and noise It also summarises the main UK legal requirements on construction safety and health and includes a number of useful checklists and model forms Written by a very experienced health and safety practitioner who is also author of the highly successful IOSH book Principles of Health and Safety at Work this book will be welcomed by all responsible for health and safety It will also provide an excellent text for the NEBOSH National Examination Board in Occupational Safety and Health Construction Safety and Health national certificate *Leading and Managing Healthcare* Neil Gopee, 2022-03-02

This textbook has been created to support the journey from emerging registered healthcare professional through to becoming a competent frontline care setting manager It considers the seminal theories and research into leadership and management and places them firmly into the healthcare context providing the reader with thorough and robust guidance in the application of the knowledge base in the subject area Key features Integration of theory and practice using Action Points and case studies throughout Includes perspectives from a wide range of healthcare settings and professional groups Each chapter includes Guidance on good practice showing what high quality care and effective change looks like Written by a vastly experienced author practitioner and educator this latest book from Neil Gopee is essential reading for nursing health and social care students taking modules on leadership management and transition to practice in their final year It is also ideal for newly qualified professionals or those moving into band 5 or 6 roles with managerial responsibilities

Introduction to Health and Safety at Work , Dynamic Risk Assessment Stephen Asbury, Edmund Jacobs, 2014-04-16 Dynamic Risk Assessment is the key tool to support a holistic risk management framework This book aims to help employers managers and staff alike to understand how they can effectively integrate dynamic risk assessment into business management processes and systems to improve safety With tips examples and solutions throughout this multi disciplinary text delivers an effective and comprehensive approach to help you to understand how dynamic risk assessment DRA can be integrated into predictive PRA and strategic risk assessments SRA to enhance your organization s effectiveness The 3 Level Risk Management Model fully supports and complements the systematic five steps to risk assessment process A multi disciplinary approach to dynamic risk assessment that covers workers operating in teams and those working alone within the public private and third sectors Contains practical examples tips and case studies drawn from a wide range of organizations The book comes with access to downloadable materials from an accompanying website at www.routledge.com/cw/dynamic-risk-assessment **An Introduction to Community and Primary Health Care** Diana Guzys, Rhonda

Brown, Elizabeth Halcomb, Dean Whitehead, 2017-06-27 An Introduction to Community and Primary Health Care prepares nursing and allied health students for practice

Legal Aspects of Occupational Therapy Bridgit C. Dimond, 2008-04-15 Since publication of the first edition in 1996 this book has established itself as an essential text for occupational therapists. It offers an understanding of the law relating to their practice but is written to be accessible for those who have no prior legal knowledge. The text provides valuable information for occupational therapists employed in health and social services as well as the law relevant to private practitioners. The book includes chapters on all the main client groups and presents the relevant specialist law. Students and teachers of occupational therapy will find the chapters on professional registration, education, training and research of particular interest. The second edition also provides an introduction to the complex organisational and legal developments which impact the work of the occupational therapist including the Human Rights Act, the Health and Social Care Community Health and Standards Act 2003, the concept of clinical governance and the role of the new Health Professions Council. It is a generous resource for the occupational therapy student, practitioner and service manager.

International Healthcare Professionals' Handbook: A Success Guide to Working in the UK for Nurses, Midwives and Allied Health Professionals - E-Book Annesha Archangelio, 2024-07-30 The International Healthcare Professionals Handbook is a compendium of advice, information and support for new international recruits embarking on careers in the UK from those who have succeeded before. Written by Annesha Archangelio, a Jamaican born nurse who has worked for many years in the NHS, the book will help you navigate UK healthcare systems and processes with ease. It is packed full of handy guidance covering everything from terminology to cultural competency and how to adapt to new ways of working. This invaluable book will not only help you settle into your role in the UK but provides strategies for thriving in your career into the future. Offers support all the way from the international recruitment process through to successful completion of exams and beyond. Focuses on staff development and progression in the workplace. Presents a guide to the structure of the NHS and other health and social care services. Gives overviews of the NMC, RCN and other key bodies. Covers communication challenges and cultural competency. Includes measurements, abbreviations and a dictionary of key terms and colloquialisms indispensable for international recruits.

Ultimate Guide to Manual Handling Lee Marsh, 2007-11-09 This guide will help any employee, supervisor, manager, director or business owner to honestly evaluate their manual handling practices, enabling improvement in themselves and others to move and handle in a better, safer way.

Essential Clinical Skills in Nursing Deborah Rowberry, Lee Gauntlett, Libor Hurt, 2023-03-11 Your complete solution for modern clinical skills education. Accompanied by over 25 videos and written by an experienced team of nursing educators and practitioners, this innovative textbook will support your clinical skills training across all years of your degree. Taking a holistic and inclusive approach, the book presents both the theory, rationale and how to of each procedure as well as crucial interconnected skills such as communication, clinical reasoning and person-centred practice. Written in clear, straightforward language and mapped to the NMC Future

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Safety Fables for Today Laura J Cahill,2022-04-12 Putting a modern spin on some childhood stories Safety Fables for Today introduces Zac and the Beanstalk cautioning against dropped objects and falls from height a Perilous Porridge Pot overflowing with oats and useful insights on preventing loss of containment a Super Sized Swede presenting big manual handling challenges and updated versions of many other familiar tales too In embarking upon this journey Laura J Cahill draws on the power of storytelling helped by a liberal sprinkling of fairy dust and the company of some fictional folk along the way providing fresh thought for those seeking to properly manage their activities and a gentle bedtime read for anyone else with a passing interest in the field of health and safety Needless to say there s more to these tales and their characters than first meets the eye not least because of the insights they offer to organisations seeking to control real world risks reinvigorate health and safety agendas and secure happy endings of their own Through understanding the messages conveyed by these fictional players and addressing these within their own workplace settings readers can play their part in ensuring that beyond simply living happily workers remain injury free enjoy good health and live safely ever after too

Risk Assessment Georgi Popov,Bruce K. Lyon,Bruce D. Hollcroft,2016-06-27 Covers the fundamentals of risk assessment and emphasizes taking a practical approach in the application of the techniques Written as a primer for students and employed safety professionals covering the fundamentals of risk assessment and emphasizing a practical approach in the application of the techniques Each chapter is developed as a stand alone essay making it easier to cover a subject Includes interactive exercises links videos and downloadable risk assessment tools Addresses criteria prescribed by the Accreditation Board for Engineering and Technology ABET for safety programs

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