

## Twisting/Leaning

Operative neither twists nor leans during operation

Trunk twists in relation to the hips and thighs or the operative leans to one side as the load is lifted

Trunk both twists and bends to the side as the load is lifted

## Holding load away from trunk



**CLOSE:** Upper arms aligned and upright truck



**MODERATE:** Upper arms angled away from body



**MODERATE:** Trunk bent forward



**FAR:** Upper arms angled away from body and trunk bent forward

## Vertical lift region



Above knee and/or below elbow height



Below knee and/or above elbow height



Floor level or below



At head height or above

## Difficult to grip

Containers with well- designed handles or handholds, fit for purpose

Containers with poor handles or hand holds

Containers of poor design. Loose parts, irregular objects, bulky or difficult to handle

Loose parts enabling comfortable grip

Fingers to be clamped at 90 degrees under the container

Non-rigid sacks or unpredictable loads

## Constraints on posture

Movements of the operative are unhindered

Operative adopts restricted postures during the lift because of the space available (eg a narrow gap between pallet loads)

Posture is severely restricted e.g. confined space entry

## Floor Condition

Dry and clean floor in good condition.

Dry floor but in poor condition, worn, uneven.

Wet floor or unstable footing.

# Manual Handling Risk Assessment

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