

Manual Handling Risk Assessment

Make your overall assessment after you have completed Section B.



Section B: Pushing & Pulling – More detailed assessment, where necessary

Questions to consider:	If 'Yes', tick appropriate level of				Problems occurring from the task. (Make rough notes in this column in preparation for the possible remedial action to be taken.)	Possible remedial action, eg changes that need to be made to the task, load, working environment etc.	Who needs to be involved in implementing the changes?
	Low	Med	High	Ext			
Task Involvement							
High initial force to move the load		X			Initial movement requires force to start the trolley moving	Additional Manpower would be required to reduce the force required by 1 operator at the rear and 1 at the front	Client / Safeti
High forces to keep the load in motion	X				Once inside the factory the flooring is smooth & level	Once the load is moving minimum force is required to continue	H&S Client, Client Staff, Safeti
Sudden Movement to start stop or manoeuvre the load		X			Due to the volume of pedestrian traffic and the walkways and routes blocked by parts results in workers walking in the centre of the floor and trolley stopping to move objects out of the way	Pedestrian walkways must be kept clear this is a contradictory to three clients own H&S policies, when trolley moves are occurring Client operator/staff must ensure the route is kept clear as the responsibility to move objects within the factory after delivery falls on Client	H&S Client, Client Staff, Safeti
Twisting/manoeuvring of load into position or around obstacles			X		Initial manoeuvring of the trolley from the drop off point to get into the factory and a left hand turn is required approximately 100m from the drop off point, additional manoeuvring will be required due to obstacles in the way	Keeping the route clear and minimising pedestrian traffic will allow the trolley to continue its momentum, additional manpower on the trolley will allow better handling and reduce the difficulty of manoeuvring the trolley	H&S Client, Client Staff, Safeti
One-handed operations			X		This is primarily conducted by the front operator due to lack of hand-holds or centre bar to grip onto the rear post. Only allows two-handed operation by using an open-handed grip which reduces the control of the trolley by the rear operator	Handles should be fitted to the trolley on each post to allow a firm grip.	H&S Client, Client Staff, Safeti

Manual Handling Risk Assessment Example Construction

**Simon Joyston-Bechal, Helen
Grice, Chris Dering**



Manual Handling Risk Assessment Example Construction:

Introduction to Health and Safety in Construction Phil Hughes, Ed Ferrett, 2008-06-12 Highly illustrated and easy to read this text covers the specific challenges faced by the construction industry as well as the basics of occupational safety and health in general It includes checklists report forms and record sheets *The ECI Guide to Managing Health in Construction*, 1999 Who should read this manual Health hazards during construction activities or processes Occupational health problems in construction workers Control measures and influencing factors for effective occupational health management EU health legislation and health agencies Health and Safety, Premises and Environment Handbook 2012 Workplace Law Group, 2011-12-03 The Health and Safety Premises and Environment Handbook 2012 provides you with all the essential information you need on legislation regulation policy case law and best practice Information is presented in plain English and broken down into separate A Z sections containing legislative summaries key points handy fact boxes and sources of further information All the guidance is written and compiled by our team of expert authors including top law firms surveyors safety consultants and regulatory bodies Workplace Law s Health and Safety Premises and Environment Handbook is aimed at all those with an interest in the health and safety premises and environmental management aspects of the workplace and so our readership consists mainly of Health and Safety managers officers and directors Facilities Managers as well as General Managers and Directors of small businesses *Principles of Construction Safety* Allan St John Holt, 2008-04-15 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 **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 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 at [www.routledge.com cw hughes](http://www.routledge.com/cw/hughes) The only textbook endorsed for the NEBOSH International General Certificate in Health and Safety International Health and Safety at Work remains the most effective tool for those working to fit international health and safety standards to local needs and practice

Total Project Management of Construction Safety, Health, and Environment European Construction Institute,1995 This book provides an extensive list of factors that should be considered on all construction related projects whilst highlighting with the aid of worked examples the key areas that will make the most significant contribution to success It also provides details on the very latest UK legislation Including the recent CDM Regulations and European Directives it provides a framework for the development of pro active management of Safety Health and Environment SHE in the construction industry describes a systematic approach to construction SHE management which promotes continuing improvement in SHE performance in all construction activities and defines the minimum She objectives to be considered during each construction activity

Health and Safety Law for the Construction Industry Simon Joyston-Bechal,Helen Grice,Chris Dering,2004 This work eliminates some of the complexity as well as some of the mystery of current health and safety legislation to encourage better understanding within the construction community

Quality Management in Construction Brian Thorpe,Peter Sumner,2004 Amongst the many topics it covers are a step by step approach to creating a quality management system that is right for your company how to include all your stakeholders in the quality process how to identify and map your key processes how to use your system to help market your business and stay competitive how to monitor and improve ongoing business performance The book is part of the Leading Construction Series co published by Gower and CITB ConstructionSkills The Leading Construction Series is part of a CITB ConstructionSkills initiative to develop management skills within the industry The books in this series are designed to be essentially practical with a firm grounding in the construction industry

Workplace Law Handbook 2011 - Health and Safety, Premises and Environment Handbook ,2010

International Health and Safety at Work Phil Hughes,Ed Ferrett,2013 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

Occupational Health and Safety in Construction Project Management

Helen Lingard, 2005 This book addresses an increasingly important area in the construction industry Case studies are used extensively to illustrate important points and refer to current successful safety management techniques *Construction Project Management* Peter Fewings, 2013-05-07 The role of the project manager continues to evolve presenting new challenges to established practitioners and those entering the field for the first time This second edition of Peter Fewings groundbreaking textbook has been thoroughly revised to recognise the increasing importance of sustainability and lean construction in the construction industry It also tackles the significance of design management changing health and safety regulation leadership and quality for continuous improvement of the service and the product Using an integrated project management approach emphasis is placed on the importance of effectively handling external factors in order to best achieve an on schedule on budget result as well as good negotiation with clients and skilled team leadership Its holistic approach provides readers with a thorough guide in how to increase efficiency and communication at all stages while reducing costs time and risk Short case studies are used throughout the book to illustrate different tools and techniques Combining the theories underpinning best practice in construction project management with a wealth of practical examples this book is uniquely valuable for practitioners and clients as well as undergraduate and graduate students for construction project management Introduction to Tunnel Construction David Chapman, Nicole Metje, Alfred Stärk, 2017-12-21 Tunnelling provides a robust solution to a variety of engineering challenges It is a complex process which requires a firm understanding of the ground conditions as well as structural issues This book covers the whole range of areas that you need to know in order to embark upon a career in tunnelling It also includes a number of case studies of real tunnel projects to demonstrate how the theory applies in practice The coverage includes Both hard rock and soft ground conditions Site investigation

parameter selection and design considerations Methods of improving the stability of the ground and lining techniques Descriptions of the various tunnelling techniques Health and safety considerations Monitoring of tunnels during construction Clear concise and heavily illustrated this is a vital text for final year undergraduate and MSc students and an invaluable starting point for young professionals **Risk Assessment** Georgi Popov, Bruce K. Lyon, Bruce D. Hollcroft, 2022-01-19 Risk Assessment Explore the fundamentals of risk assessment with references to the latest standards methodologies and approaches The Second Edition of Risk Assessment A Practical Guide to Assessing Operational Risks delivers a practical exploration of a wide array of risk assessment tools in the contexts of preliminary hazard analysis job safety analysis task analysis job risk assessment personnel protective equipment hazard assessment failure mode and effect analysis and more The distinguished authors discuss the latest standards theories and methodologies covering the fundamentals of risk assessments as well as their practical applications for safety health and environmental professionals with risk assessment responsibilities What If Checklist Analysis Methods are included for additional guidance Now in full color the book includes interactive exercises links videos and online risk assessment tools that can be immediately applied by working practitioners The authors have also included Material that reflects the latest updates to ISO standards the ASSP Technical Report and the ANSI Z590.3 Prevention through Design standard New hazard phrases for chemical hazards in the Globally Harmonized System as well as NIOSH's new occupational exposure banding tool The new risk based approach featured in the NAVY IH Field Manual New chapters covering business continuity causal factors analysis and layers of protection analysis and barrier analysis An indispensable resource for employed safety professionals in a variety of industries business leaders and staff personnel with safety responsibilities and environmental engineers Risk Assessment A Practical Guide to Assessing Operational Risks is also useful for students in safety health and environmental science courses **Construction Contract Preparation and Management** Geoff Powell, 2016-03-18 This practical user friendly textbook starts at the beginning of construction projects and makes important connections between stages accompanied by helpful illustrations and real life industry examples Contracts and agreements underpin the whole construction industry and yet many graduates and young professionals do not realise just how important they are Misunderstandings and mistakes can be extremely expensive and cause considerable delay The textbook provides extensive explanation of the most commonly used forms of contract an introduction to the general principles of contracts and the implications of contract law and negligence as they affect the construction professional Written by an author with extensive previous industry experience before he became a lecturer this text is aimed at students of Contract Management Procedures at both undergraduate and postgraduate level on both Civil Engineering and Construction courses It is also helpful for starting professionals New to this Edition Often overlooked aspects of NEC contracts such as contractor design Coverage of NEC ECC 2013 JCT 2011 CDM 2015 and the revised Public Contracts Regulations 2015 More extensive advice on money time and programmes and their importance **Construction**

Skills Glenn Costin, 2017-04-07 New tradies learn to stay safe with comprehensive coverage of the technical and regulatory changes that students and teachers need to know about working safely at heights on scaffolding and elevated work platforms and with powder actuated tools Construction Skills 2e is designed for easy student learning with end of chapter worksheets explanation and definition of terms coverage of regulation and codes real world examples and practical demonstrations The author covers core units and important safety areas from Certificate III in Carpentry Carpentry and Joinery Certificate III in Plumbing and across the trades Written to competency units CPCCCM2010 Work safely on scaffolding higher than two metres CPCPCM2055A Work safely on roofs CPCCCM2007B Use explosive power tools CPCCCM3001 Operate elevated work platforms up to 11 metres CPCCCM2008B Erect and dismantle restricted height scaffolding The bestselling Building Skills series addresses the key competencies of the Certificate III in Carpentry Series titles are built for learning with colour photographs and illustrations online tools and concepts explored in context to help student understanding Work Health and Safety WHS icons identify critical points for concern and student activities help them apply the knowledge and skills The Worksheets at the end of each chapter are a resource for teachers and trainers to provide formative assessment and feedback on learner progression **Contractual Procedures in the Construction Industry** Allan Ashworth, 2013-09-13 Fully updated to take into account recent legislation this book provides a sound basis for students It gives them an understanding of the principles involved in contractual and procurement arrangements in the construction industry

Introduction to Health and Safety at Work Phil Hughes MBE, Ed Ferrett, 2020-12-21 Introduction to Health and Safety at Work covers the fundamentals of occupational safety and closely follows the NEBOSH National General Certificate syllabus which was updated in 2019 and came into use in 2020 Highly illustrated and over 600 pages in length it 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 In addition to helping students study for the NGC it is used for reference and revision on other Health and Safety qualifications at level 3 and above including the Nebosh Diploma It is also a source of reference and guidance for health and safety practitioners in the workplace The International Compendium of Construction Contracts Phillip Greenham, Society of Construction Law Australia, 2021-05-10 This book examines how the most commonly used construction project contracts are applied in a range of countries around the world The specific situation of each of the almost 40 countries studied is dealt with in a dedicated chapter allowing for easy comparison between differing legal and commercial environments Each chapter contextualizes the relevant contracts within the legal and commercial systems prevalent in a particular country and examines a number of common issues impacting construction projects around the world This unique book will be an essential resource for construction law specialists around

the world because of its focus on commonly used contracts and the contextualizing of these contracts into the legal and commercial environment of each studied country All contributions are from practicing construction project lawyers ensuring that the quality of the information and analysis is of the highest standard *Introduction to Tunnel Construction* David N. Chapman,Nicole Metje,Alfred Stark,2017-11-27 Tunnelling provides a robust solution to a variety of engineering challenges It is a complex process which requires a firm understanding of the ground conditions as well as the importance of ground structure interaction This book covers the full range of areas related to tunnel construction required to embark upon a career in tunnelling It also includes a number of case studies related to real tunnel projects to demonstrate how the theory applies in practice New features of this second edition include the introduction of a case study related to Crossrail s project in London focussing on the Whitechapel and Liverpool Street station tunnels and including considerations of building tunnels in a congested urban area and further information on recent developments in tunnel boring machines including further examples of all the different types of machine as well as multi mode machines The coverage includes Both hard rock and soft ground conditions Site investigation parameter selection and design considerations Methods of improving the stability of the ground and lining techniques Descriptions of the various main tunnelling techniques Health and safety considerations Monitoring of tunnels during construction Description of the latest tunnel boring machines Case studies with real examples including Crossrail s project in London Clear concise and heavily illustrated this is a vital text for final year undergraduate and MSc students and an invaluable starting point for young professionals and novices in tunnelling

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