MANUAL HANDLING RISK ASSESSMENT (HSF 201A)

This risk assessment form must be completed for all manual handling tasks where it is considered that the task places an employee at risk of injury. If the load is small and light enough to be easily moved safely by one person repetitively without risk of sprain or strain, then it is not necessary to complete this form. This assessment should be carried out with the aid and consultation of the operatives.

Location			
Outline of risk Summary of w Employee's List those invo	hat is proposed		
Assessor	Name Signature	Date completed	

The Load				
	YES	NO		
Is the load heavy (guide weight 10Kg/1.57 stones or above)?				
Is the weight indicated on the load?				
is the load large or bulky?				
Is the load of an irregular shape?		- E		
Does the surface prevent a good grip being achieved?				
Does the shape or size interfere with the handler's vision?		100		
Are handholds or handles available?				
Can the size, weight, shape, etc be altered by the handler?				

The Task					
	YES	NO			
Is lifting from floor level required?					
Does the task require the loads to be supported away from the body?		100 B			
Is twisting, stretching or stooping involved?					
Does the task finish below knee or above shoulder height?					
Is the load being carried over long distances?					
Is prolonged physical effort required?					
Is repetitive handling required?					
Are any work rates imposed?		20 0			
Are periods of rest and recovery incorporated in with the task?					
Does the task require manual handling whilst seated?					
Does the task require team lifts?	195 10 100				

The Working Environment				
	YES	NO		
Does space constraint prevent good postures from being adopted?				
Are any floor areas in poor condition (slippery, uneven)?				
Do any fixtures or fittings create additional manual handling?				
Are there variations in workplace floor levels?				
Are there hot, humid or cold conditions encountered?				
Is there adequate lighting for the task?	1 1 2 2 2 E 1			
Could strong air movements affect the load stability?	1 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	200		

Individual Capability				
		NO		
Does the task require unusual strength or personal capability?				
Does the task require special skills, knowledge or training for their safe execution?		E00 E0		
Do any individuals have health problems that may affect their ability to perform the task?				
Are any individuals pregnant or may have health restrictions?				
Is there a need for mechanical assistance?				
Are the individuals required to use PPE?		- CO E		
Is training required?				

Manual Handling Assessment Form

Christian Drosten

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