



Manual Handling Assessment Charts (MAC) - Score Sheet

Company Name:

Task Description - Please use diagrams if necessary

Are there indications that the task is high risk? (please tick appropriate boxes)

☐

Task has a history of manual handling incidents
(eg company accident book, RIDDOR reports)

☐

Task is known to be hard work or high risk

☐

Employees doing the work show signs that they are finding it hard work
(eg breathing heavily, red-faced, sweating)

☐

Other indications, if so what?

Signature

Date

Insert the colour band for each of the risk factors in the boxes below, referring to your assessment using the tool.

Risk Factors	Colour Band (G, A, R, or P)			Numerical Score		
	Lift	Carry	Team	Lift	Carry	Team
Load weight and lift/carry frequency						
Hand distance from the lower back						
Vertical lift region						
Trunk twisting/sideways bending Asymmetrical trunk/load carrying						
Postural constraints						
Grip on the load						
Floor surface						
Other environmental factors						
Carry distance (carrying only)						
Obstacles en route (carrying only)						
Communication and co-ordination (team handling only)						
Total Score				0	0	0

Other risk factors, eg individual factors, psychosocial factors etc

For information on reducing the risks of individual or psychosocial factors [Click here](#)

Manual Handling Mac Score Sheet

Michael Rajnik

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name bar.

Manual Handling Mac Score Sheet:

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