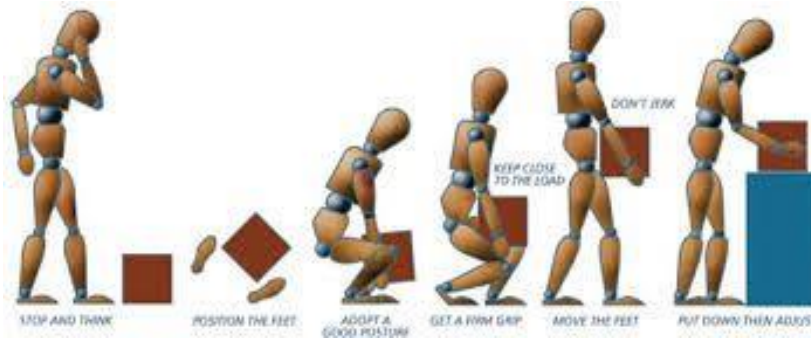
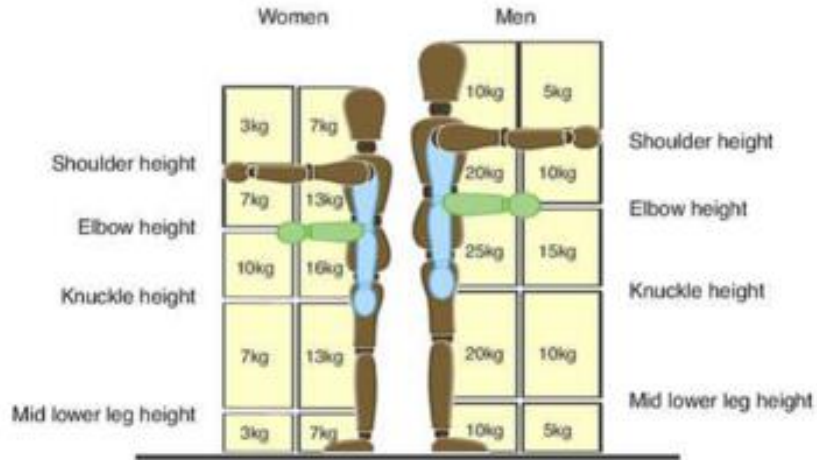


Generic Manual Handling Risk Assessment

Questions to consider:	LOW	Level of risk. MEDIUM	HIGH
The tasks - do they involve:			
• Holding loads away from trunk?	Load moved in box zone closest to body	Load moved in box zone furthest from body	Load moved outside box zones
• Twisting?	Up to 45°	45-90°	Over 90°
• Stooping?	Slightly	To knee level	To floor level
• Reaching upwards?	Shoulder height	Head height	Above head height
• Large vertical movement?	Less than 1m	1 - 2m	More than 2m
• Long carrying distance?	Up to 10m	10-20m	More than 20m
• Strenuous pushing or pulling?	< 25kg starting force - 10kg maintenance force	25-50kg starting force - 10-20kg maintenance force	> 50kg starting force -20kg maintenance force
• Unpredictable movement of loads?	Rarely shifts when moved	Will often shift	Always shifts
• Repetitive handling?	1-4 operations per day	5-10 operations per min	More 10 operations per min
• Insufficient rest or recovery?	Rarely	Occasionally	Always
• A work-rate imposed by process?	Rarely	Occasionally	Always
The loads - are they:			
• Heavy? • (Indicate weight in kg)	Up to figure in guidelines	Sometimes in excess of guidelines	Always significantly in excess of guidelines (i.e. more than double)
• Bulky/unwieldy?	Not easily handled.	Awkward to handle.	Difficult to handle.
• Difficult to grasp?	Grip is not easily maintained	Grip is difficult to maintain	Great difficulty in maintaining grip
• Unstable/unpredictable?	Rarely	Occasionally	Always
• Intrinsicly harmful (e.g. sharp/hot?)	Exposure to harmful characteristic generally avoidable	Exposure not easily avoidable	Exposure unavoidable
The working environment - are there:			
• Constraints on posture?	Minimal interference with normal movement	Moderate interference	Significant interference
• Poor condition floors?	Some unevenness or obstruction	Moderate unevenness, low grip or noteworthy obstructions	Dangerously uneven floor, very low grip & highly obstructed
• Variations in levels?	Load moved <1m vertically	Load moved 1-2m vertically	Load moved more than 2m
• Hot/cold/humid conditions?	Rarely	Occasionally	Always
• Strong air movements?	Rarely	Occasionally	Always
• Poor lighting conditions?			
Individual capability - does the job:			
• Require unusual capabilities?	Most people can carry out the operation	Only certain people can carry out the operation	A minority of people can carry out the operation
• Present higher risks to those with a health problem?	Possibly	Likely	Certainly
• As above for those who are pregnant?	Possibly	Likely	Certainly
• Call for special information and training?	Would be beneficial, but not essential	Considered necessary	Essential to carry out operation
Other factors -			
Is movement or posture hindered by clothing or personal protective equipment?	Rarely	Occasionally	Certainly

Generic Manual Handling Risk Assessment



Generic Manual Handling Risk Assessment

Client	Site	Job No.	Site Contact	Assessor	Date
				Mick Kilburn	20th August 2024
Work activity to be undertaken					
Manual Handling					

Probability	Severity	Risk Band	Additional names/info
Very likely	5	Fatality or major incident	
Likely	4	Serious injury or significant loss	
Evens	3	LTA or work stoppage	
Unlikely	2	Minor injury	
Extremely unlikely	1	Minimal loss	

1 – 4	= LOW
5 – 9	= MEDIUM
10–25	= HIGH

Hazards	Potential Harm	Risk Rating	Risk Control methods	Assessment		Risk	New Risk Band	Additional control measures required for this job
				P	S	P x S		
Manual Handling		Med		1	1	1	Low	
Twisting	Injury to EPM personnel.	Med	All staff should avoid twisting in any way. Manoeuvre in such a way as to not twist your body. Always use two persons if necessary.	1	1	1	Low	
Stooping	Injury to EPM personnel.	High	All staff should adopt a suitable comfortable posture to prevent the need to bend and stoop. Kneeling to a lower level is much safer than bending.	1	1	1	Low	
Reaching Upwards	Injury to EPM personnel.	Med	Staff must never reach upwards to lift a heavy load. Loads at high level must be carried out by two persons.	1	1	1	Low	
Carrying over Long Distance	Repetitive Injury to EPM personnel.	Med	A specific risk assessment should be carried out before undertaking any lift over a long distance. Motorised wheels should be used if necessary.	2	1	2	Low	

Generic Manual Handling Risk Assessment

Strenuous Pushing or Pulling	Repetitive Injury to EPM personnel.	High	There will always be a risk of potential injury related to strenuous pushing and pulling of any loads. Luckily in the pest management industry, this activity is not very likely. However, motorised wheels should be used where necessary and a specific planned risk assessment should be carried out.	1	1	1	Low	
Frequent or Prolonged physical Effort.	Repetitive Injury to EPM personnel.	High	Any task that becomes a prolonged physical effort or repetitive task should be brought to the attention of the managing director.					

Date of Review	Assessed by	Signature
6 th February 2023	Mick Kilburn	
6 th January 2024	Mick Kilburn	
15 th January 2025	Mick Kilburn	