

YOUR COMPANY NAME

DESCRIPTION OF WORK	
JOB REFERENCE	
PRINCIPAL CONTRACTOR / CLIENT	
SITE ADDRESS	
HAZARD REFERENCE 011	MANUAL HANDLING

PERSONS AT RISK – E = EMPLOYEE, SE = SITE EMPLOYEES, P = PUBLIC

LIKLIHOOD OF INJURY – H = HIGH, M = MEDIUM, L = LOW

Risk	Persons At Risk			Likelihood of Injury			Control Measures	Likelihood of Injury With Control Measures		
	E	SE	P	H	M	L		H	M	L
Risk of serious injury/disability from strains, sprains, torn ligaments, disc injury and hernias							Do not lift loads beyond physical capability Do not lift using sudden and awkward movements – twisting or jerking Use mechanical means to aid lifting – bogie, genie lift, forklift etc. Carry out an assessment of lifting requirement and frequency and plan a lifting strategy Use a number of people to carry the load Position loads as near as possible to reduce the amount of manual handling Train personnel in lifting techniques Make sure work area is clear of obstacles that could cause trips and falls			
Cuts and abrasions from rough edges, projections etc							Wear protective clothing/equipment provided e.g. gloves, coveralls			
Back Injuries							Use mechanical lifting aids where possible Do not stoop lift – use correct lifting techniques Do not lift heavy objects without assistance			
Crushing of limbs – falling off loads, trapped by loads							Keep hands and feet out of the path of fall. Correctly position hands and feet			

								Have a good grip before lifting			
								Wear appropriate PPE – gloves and safety footwear			