




# Manual Handling of Loads – Risk identification Checklist

Company \_\_\_\_\_

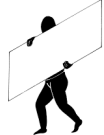





Date \_\_\_\_\_













Workplace/task \_\_\_\_\_

Sign \_\_\_\_\_

Load handling type	Duration, frequency		Intensity**)	
	sometimes	often*)	low	high
<b>Transport</b> Lifting, carrying, loading, lowering 				
<b>Processing</b> Lifting, holding, manipulating 				
<b>Transport</b> Pushing, pulling, manoeuvring 				

\*) Regular part /element of the task \*\*) Assess by experience: is the work experienced as heavy by the workers, is strain apparent, are workers very exhausted at the end of the shift, are there complaints, are there requirements for redesign, are there indications of increased absence or accidents?

Description of task (subject to Council Directive)			
feature	pic.	yes	no
<b>Characteristics of the load</b>			
Too heavy or too large			
Unwieldy or difficult to grasp			
Unstable or has contents that are likely to shift/move about			
Positioned in a manner requiring it to be held or manipulated at a distance from the trunk, or with bending or twisting of the trunk			
Likely to result in injury to workers (because of its contours and/or consistency), particularly in the event of a collision			
<b>Physical effort required</b>			
Too strenuous			

Only achieved by a twisting movement of the trunk			
Load likely to move suddenly			
Effort made with the body in an unstable posture			
<b>Characteristics of the working environment</b>			
There is not enough room (particularly vertically) to carry out the activity			
The floor is uneven, thus presenting tripping hazards, or is too slippery for the worker's footwear			
The workplace/working environment prevents the worker from handling loads at a safe height or using proper posture			
There are variations in the level of the floor or the working surface, requiring the load to be manipulated on different levels			
Floor/footing is unstable			
The temperature, humidity or ventilation is unsuitable			
<b>Requirements of the activity</b>			
Too frequent or over-prolonged physical effort, particularly involving the spine			
An insufficient physical rest or recovery period			
Distances for lifting, lowering or carrying are excessive			
A rate of work imposed by a process which cannot be altered by the worker	