

Manual Handling Risk Assessment

Assessment Guide (The illustrations are used as a guide only and are not comprehensive)

A-1 Type of equipment/load weight (Kg)

- Identify type of equipment used - if different types of equipment are used to move loads, do an assessment for each type
- If more than one piece of loaded equipment is moved at a time (i.e. two trolleys) assess the total load moved
- Find out the total load moved (Weight of equipment and weight of loads carried) from labelling, asking workers or from weighing
- If the same equipment is used to move different loads, then assess the equipment with the heaviest load that is likely to be moved

Small, with one or two wheels: eg wheelbarrows, wheelie bins or sack trucks. With this equipment the worker supports some of the load.



Less than 50 kg	Low Risk
50 kg to 100 kg	Medium Risk
100 kg to 200 kg	High Risk
More than 200 kg	Very High Risk
Load exceeds equipment's rated capacity (manufacturer's recommended maximum weight)	Unacceptable

Medium, with three or more fixed wheels and/or casters: eg oil cages, trolleys



Less than 200 kg	Low Risk
200 kg to 500 kg	Medium Risk
500 kg to 750 kg	High Risk
More than 750 kg	Very High Risk
Load exceeds equipment's rated capacity (manufacturer's recommended maximum weight)	Unacceptable

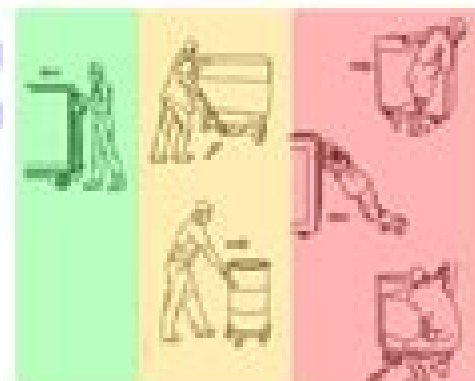
Large, steerable or running on rails: eg pallet truck or overhead rail system



Less than 500 kg	Low Risk
500 kg to 1000 kg	Medium Risk
1000 kg to 1500 kg	High Risk
More than 1500 kg	Very High Risk
Load exceeds equipment's rated capacity (manufacturer's recommended maximum weight)	Unacceptable

A-2 Posture Observe the general positions of the hands and the body during the operation.

Good G/O	Acceptable A/O	Poor P/O
Torso is largely upright, and	Body is inclined in direction of exertion, or	Body is severely inclined, or worker squats, kneels or needs to push with their back against the load, or
Torso is not twisted, and	Torso is noticeably bent or twisted, or	Torso is severely bent or twisted, or
Hands are between hip and shoulder height	Hands are below hip height	Hands are behind or on one side of body or above shoulder height



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