

Manual Handling

Handling of Rolls of Lead

Assessor Southall Associates

Overall Risk Rating Medium

Control Measures

Task	Yes	No	High	Med	Low
Is the task INFREQUENT? (i.e. < 30 times/hr)	✓				
Is there time for rest or recovery?	✓				
- A work rate imposed by the process?	✓				
- Standing/sitting in an awkward position?	✓				
- Reaching forwards or upwards?	✓				
- Twisting?	✓				
- Stooping?	✓				
- Holding load away from trunk?	✓				
- Carrying over long distances?	✓				
- Strenuous forces for any pushing/ pulling?	✓				
Is the work arranged so that the handler has good forward vision when pushing/pulling?	✓				
Is posture generally comfortable (i.e. free from constraint by awkward layout or confined spaces)?	✓				
Are floor surfaces even and level?	✓				
Are floor surfaces clean, non-slip and free from obstacles?	✓				
Is the work area free from:					
• Wind and rain		✓		✓	
• Poor lighting					
Is the load marked with its total weight?	✓				
Is its centre of gravity central and the contents stable and predictable?	✓				
Is it easy to grasp - neither bulky or unwieldy?		✓		✓	
Is it safe to touch - not sharp, hot or otherwise harmful?		✓			✓
Are hand holds/grips provided and adequate?		✓		✓	
Can the task be done without risk to operators, considering:					
• height					
• physical build					
• gender					
• age? (Note: <20 years or >50 years may have reduced capacity for lifting, consider young persons)		✓		✓	

- known health problems
- known pregnancy
- experience or training

Lifting & Carrying timber board (max weight 48kg)

Assessor John Southall

Overall Risk Rating Medium

Control Measures

Task	Yes	No	High	Med	Low
Is the task INFREQUENT? (i.e. < 30 times/hr)	✓				
Is there time for rest or recovery?	✓				
- A work rate imposed by the process?	✓				
- Standing/sitting in an awkward position?	✓				
- Reaching forwards or upwards?	✓				
- Twisting?	✓				
- Stooping?		✓		✓	
- Holding load away from trunk?	✓				
- Carrying over long distances?	✓				
- Strenuous forces for any pushing/ pulling?	✓				
Is the work arranged so that the handler has good forward vision when pushing/pulling?	✓				
Is posture generally comfortable (i.e. free from constraint by awkward layout or confined spaces)?		✓		✓	
Are floor surfaces even and level?	✓				
Are floor surfaces clean, non-slip and free from obstacles?	✓				
Is the work area free from:					
• Wind and rain		✓		✓	
• Poor lighting					
Is the load marked with its total weight?		✓		✓	
Is its centre of gravity central and the contents stable and predictable?	✓				
Is it easy to grasp - neither bulky or unwieldy?		✓	✓		
Is it safe to touch - not sharp, hot or otherwise harmful?	✓				
Are hand holds/grips provided and adequate?		✓		✓	
Can the task be done without risk to operators, considering:					
• height					
• physical build					
• gender					
• age? (Note: <20 years or >50 years may have reduced capacity for lifting, consider young persons)		✓	✓		

- known health problems
- known pregnancy
- experience or training

Lifting 25kg Bags

Assessor Southall Associates

Overall Risk Rating Medium

Control Measures

Task	Yes	No	High	Med	Low
Is the task INFREQUENT? (i.e. < 30 times/hr)	✓				
Is there time for rest or recovery?	✓				
- A work rate imposed by the process?	✓				
- Standing/sitting in an awkward position?	✓				
- Reaching forwards or upwards?	✓				
- Twisting?	✓				
- Stooping?		✓		✓	
- Holding load away from trunk?	✓				
- Carrying over long distances?	✓				
- Strenuous forces for any pushing/ pulling?	✓				
Is the work arranged so that the handler has good forward vision when pushing/pulling?	✓				
Is posture generally comfortable (i.e. free from constraint by awkward layout or confined spaces)?		✓		✓	
Are floor surfaces even and level?	✓				
Are floor surfaces clean, non-slip and free from obstacles?	✓				
Is the work area free from:					
• Wind and rain		✓		✓	
• Poor lighting					
Is the load marked with its total weight?	✓				
Is its centre of gravity central and the contents stable and predictable?		✓		✓	
Is it easy to grasp - neither bulky or unwieldy?		✓		✓	
Is it safe to touch - not sharp, hot or otherwise harmful?	✓				
Are hand holds/grips provided and adequate?		✓			✓
Can the task be done without risk to operators, considering:					
• height					
• physical build					
• gender					
• age? (Note: <20 years or >50 years may have reduced capacity for lifting, consider young persons)		✓		✓	

- known health problems
- known pregnancy
- experience or training