

A manual handling risk assessment should be carried out before starting any activities that require significant lifting or manual handling.

MANUAL HANDLING ACTIVITY:	
Reference (if applicable):	Location:
Job (if applicable):	

Activity-specific risk factors

1. TASKS - Do they involve:	YES	NO
Holding or manipulating loads at a distance from the body?		
Unsatisfactory body movements or posture, especially:		
a) Twisting the body?		
b) Stooping?		
c) Reaching upwards?		
Excessive movement of loads, especially:		
a) Excessive lifting distance?		
b) Excessive lowering distance?		
c) Excessive carrying distance?		
Excessive pushing or pulling?		
Risk of sudden movement?		
Frequent physical effort?		
Prolonged physical effort?		
Insufficient rest periods?		
Insufficient recovery periods?		
A rate of work imposed by a process?		

2. LOADS - Are they:	YES	NO
Heavy?		
Bulky, awkward or with contents likely to shift?		
Sharp, hot or otherwise potentially harmful?		

MANUAL HANDLING ACTIVITY:

Reference (if applicable):

Location:

NOTING ANY RISK FACTORS, LIST THE REQUIRED RISK CONTROL MEASURES BELOW:

Ensure your control measures relate to the actual activity being carried out, and the risk factors - for either groups or individuals - you have identified in this assessment.

(e.g. mechanical assistance, team handling, training)

This risk assessment carried out by:

Name:

Signature:

Date:

The risk assessment must be signed by the person carrying it out or responsible for it.



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Electrical Contractors' Association, ESCA House, 34 Palace Court, London, W2 4HY
Tel 020 7313 4800 Fax 020 7221 7344 Email info@eca.co.uk www.eca.co.uk