

## Manual handling of loads

### Identified hazard:

Lifting Casing into Vehicle



### Who is at risk?

All Staff

### How is the risk controlled?

Personnel should ascertain the characteristics of the load and feel confident and able before attempting any manual handling/lifting. They should not handle more than can be easily managed, and if in any doubt, must seek advice or get help. In addition, they must always:

- Think and plan every lift. Use handling aids whenever possible.
- If handholds are unsatisfactory, always use handling aids e.g. trolley, stretcher.
- The height of the load should not obstruct vision, know the route before starting
- Design tasks, where possible so that loads can be lifted from a raised surface, ideally about waist level.
- Push or pull, not lift, where possible make use of legs and body weight.
- Keep the load close to the waist. Adopt a stable position.
- Start in a good posture. Keep a straight back, Lift with the legs, do not bend, flex the back, or stretch.
- Lift smoothly in one full dynamic movement, do not twist.
- Keep the head up when handling.
- If precise positioning of the load is necessary, put it down first, then slide it into the desired position.



The calculated risk factor for this task/operation is **16** (Probability: 4 x Severity: 4)

This is classed as a **MEDIUM** risk

**Additional Measures:**

None Required

**Review Date** 22/02/2018

Name..... Signature/s..... Date.....

## Employee/s Acknowledgement

The signees below acknowledge receipt of this Risk Assessment and confirm that they have read and understood the requirements of this Risk Assessment.

Name	Signature/s	Date