



MANUAL HANDLING ASSESSMENT FORM

Ref: 009

Rev: 01

JOB (S) / TASKS COVERED BY THIS ASSESSMENT: Carrying tins of paint - (Max 10kg)

LOCATION: 44 Clematis Street

PERSONNEL INVOLVED: Site Operatives

DATE OF ASSESSMENT: 08/03/2023

As the assessor, you should consider all of the following questions. If the answer is 'YES' use your judgment to assess whether the level of risk (i.e. the probability of injury occurring) is Low, Medium or High. Also consider what, if any, remedial action should be taken to reduce the risk and record this on the sheet.

QUESTIONS TO CONSIDER	Yes	If 'Yes' – Estimate Level of Risk			POSSIBLE REMEDIAL/FURTHER ACTION
	No	Low	Med	High	
TASK Does The Task Involve Holding The Load Away From The Body?	NO	LOW			Not under normal conditions
Stepping Forward?	YES		MED		Carry tins as close to the body as possible using the handle provided.
Twisting At The Waist?	YES		MED		Minimise twisting body by rotating the feet to the angle of directional movement.
Reaching Above Shoulder Height?	NO	LOW			Not under normal conditions
Excessive Lifting Distances?	NO	LOW			Not under normal conditions
Carrying The Load For More Than 1 Metre?	YES		MED		Reduce the distance of travel to a minimum and ensure routes are free from obstruction. Where 13 kg tins are being used or multiple trips are required use pallet or trolley.
Strenuous Pushing Or Pulling?	NO	LOW			Not under normal conditions
Frequent/Repetitive Handling	YES				Minimise handling by storing tins as close to the work area as possible. Do not lift tins whilst stretching.
THE LOAD Are the loads heavy (outside guideline figures)?	NO	LOW			Not under normal conditions
Bulky?	YES		MED		When lifting tins to roof heights a mechanical hoist or gin wheel should be used.
Difficult to grip?	NO	LOW			Not under normal conditions
Unstable/floppy?	NO	LOW			Not under normal conditions
Hot/cold?	NO	LOW			Not under normal conditions
Have sharp edges etc.?	NO	LOW			



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					Not under normal conditions
Dirty/slippery?	YES	LOW			Ensure tins are not transported without lids secured. Wipe up any overspills onto tins.

QUESTIONS TO CONSIDER	Yes	If 'Yes' – Estimate Level Of Risk			POSSIBLE REMEDIAL/FURTHER ACTION
	No	Low	Med	High	
ENVIRONMENT Does the Work Area Have Restricted Workspace?	NO	LOW			Not under normal conditions
Obstructed/Slippery Floor?	YES		MED		Ensure all routes are free from obstruction and do not walk over newly treated surfaces. Extra care should be taken in wet weather conditions.
Stairs and Ramps?	YES		MED		Ensure all stairs used as access routes are free from obstruction and ramps are not contaminated with oils or grease.
Poor Lighting?	YES	LOW			Carrying tins should only be carried out in well lit environments and never
Extremes Of Temperature?	NO	LOW			Not under normal conditions
INDIVIDUAL Does the Job Require Above Average Strength?	NO	LOW			Not under normal conditions
Does the Work Present A Hazard to Those With A Health Problem?	YES		MED		Strenuous lifting and carrying tins over long distances may cause difficulties with persons with respiratory or heart conditions.
Does the Job Present A Hazard to Those Who Are Pregnant?	YES			HIGH	Pregnant persons should not lift excessively. A risk assessment must be carried out for all tasks undertaken by expectant mothers.
Does the Work Require Special Training	YES		MED		Manual Handling training should be given to all operatives in the correct kinetic handling techniques.

SUMMARY AND CONCLUSIONS

The weight of any item should be reduced to the lowest level possible so far as is reasonably practicable, in this assessment the maximum weight is approximately 13 kg. Where 13 kg tins are used, where practicable mechanical aids should be used i.e. pallet trucks, trolleys and hoists. Under normal working conditions lifting smaller tins of a lesser weight this should not present a significant risk where all the above control measures have been implemented.

P.P.E should be worn including safety footwear and industrial grade gloves.

IS THERE A SIGNIFICANT RISK OF INJURY?	YES	NO
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DATE ASSESSMENT TO BE REVIEWED	12 months or where significant change to working practices.
NAME OF ASSESSOR (S): Mahmood Abedi	POSITION: Director