

H7 – Manual Handling Assessment Form H&SMH01

Description of job/task/activity

Completed by

Assisting personnel

Date

Does the task involve:

Please tick as appropriate

Holding a load away from your body?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Reaching above your head?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Unsatisfactory stooping?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Unsatisfactory twisting of the body?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Moving a load over unsatisfactory distances?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Frequent or prolonged physical effort?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Pushing or pulling of the load?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Sudden movement of the load?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Handling whilst seated?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Insufficient rest or recovery periods?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>

Are the loads you handle:

Heavy?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Bulky or unwieldy?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Difficult to grasp?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Unstable or contents likely to shift?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>

Do you experience:

Space constraints preventing good posture?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Uneven, slippery or unstable floors?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
Variation in level of floor/work surfaces?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>

Does the manual handling of loads:

Stretch your physical capabilities?	High	<input type="radio"/>	Medium	<input type="radio"/>	Low	<input type="radio"/>
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Overall risk rating

High

Medium

Low

Issues identified

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Remedial actions

Responsibility

Completion date

	Responsibility	Completion date
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Review date

Initials

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