**RISK ASSESSMENT No: B**

**HAZARD: MANUAL HANDLING**

**NATURE OF WORK:**

* Any transporting or supporting of a load (including lifting, putting down, pushing, pulling, carrying and moving thereof) by hand or bodily force.

**HAZARDS:**

* Personal injury

**THOSE AT RISK**:

* Anyone involved in the moving and handling of objects could be at risk.

**POSSIBLE RESULTS:**

* Strains and sprains
* Cuts and abrasions
* Crush and trap injuries
* Slipped disc or other back problems
* Hernias

**PPE TO BE WORN:**

* No specific PPE

**CONTROL MEASURES:**

|  |  |
| --- | --- |
| * If possible, use mechanical lifting devices or aids (e.g. wheelbarrow). * Never exceed your personal capabilities, do not be afraid to ask for assistance. * Free on-line training is available from the County Council. * The chart on the right gives guideline weights for lifting and lowering, which assumes that the handling is taking place in reasonable working conditions with a load that is easily grasped with both hands by a reasonably fit, well-trained individual. * Remember - No manual handling activity is completely safe. | Image result for manual handling chart |

**Basic principles of manual handling**

* Ensure that the object is light enough to lift, is stable and unlikely to shift or move.
* Heavy or awkward loads should be moved using a handling aid.
* Make sure the route is clear of obstructions.
* Make sure there is somewhere to put the load down wherever it is to be moved to.
* Stand as close to the load as possible, spreading your feet to shoulder width.
* Bend your knees and try and keep the back's natural, upright posture.
* Grasp the load firmly as close to the body as you can.
* Use the legs to lift the load in a smooth motion as this offers more leverage reducing the strain on your back.
* Carry the load close to the body with the elbows tucked into the body.
* Avoid twisting the body as much as possible by turning your feet to position yourself with the load.