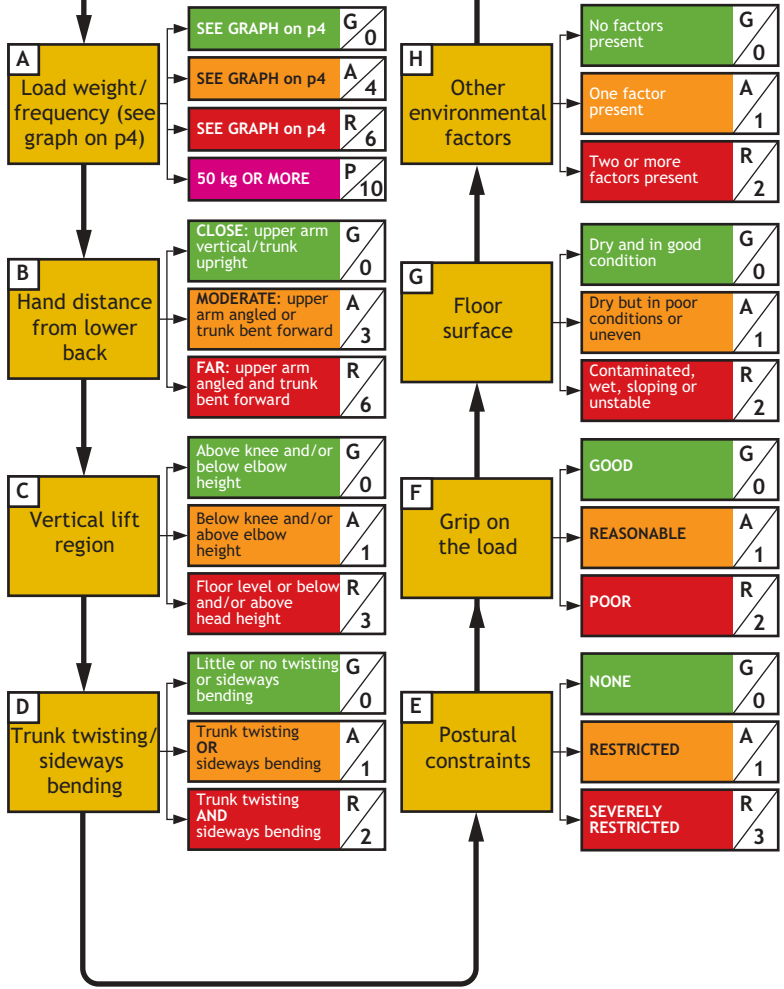
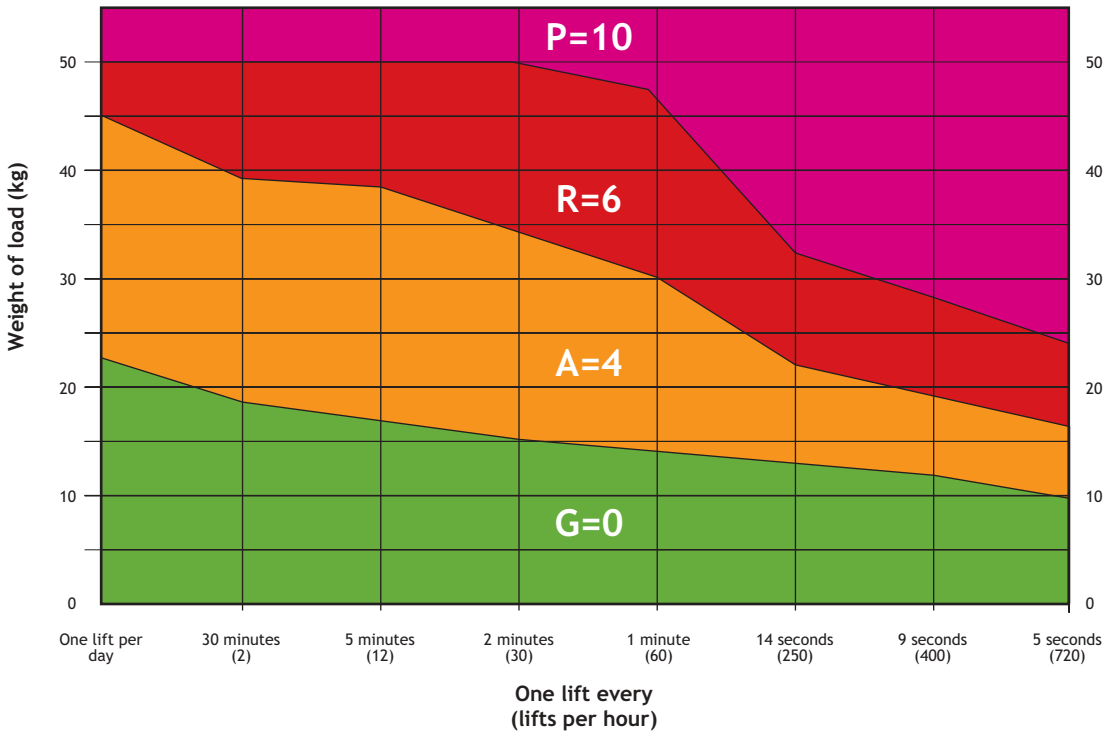


**LIFTING OPERATION**

Please insert the colour and numerical scores on the score sheet on page 12



Load weight/frequency graph for lifting operations



# MAC: Score sheet

Company Name: \_\_\_\_\_

Task Description:

**Are there indications that the task is high risk?**

(Tick the appropriate boxes)

- Task has a history of manual handling incidents (eg company accident book, RIDDOR reports).
- Task is known to be hard work or high risk.
- Employees doing the work show signs that they are finding it hard work (eg breathing heavily, red-faced, sweating).
- Other indications, if so, what? \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Insert the colour band and numerical score for each of the risk factors in the boxes below, referring to your assessment, using the tool.

Risk factors	Colour band (G, A, R or P)			Numerical score		
	Lift	Carry	Team	Lift	Carry	Team
Load weight and lift/carry frequency						
Hand distance from the lower back						
Vertical lift region						
Trunk twisting/sideways bending Asymmetrical trunk/load (carrying)						
Postural constraints						
Grip on the load						
Floor surface						
Other environmental factors						
Carry distance						
Obstacles en route (carrying only)						
Communication and co-ordination (team handling only)						
Other risk factors, eg individual factors, psychosocial factors etc (see website - address on page 13)	TOTAL SCORE:					