

CARRYING OPERATION

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

A
Load weight/
frequency (see
graph on p8)

- SEE GRAPH on p8 **G** / 0
- SEE GRAPH on p8 **A** / 4
- SEE GRAPH on p8 **R** / 6
- 50 kg OR MORE **P** / 10

B
Hand distance
from lower
back

- CLOSE: upper arm vertical/trunk upright **G** / 0
- MODERATE: upper arm angled or trunk bent forward **A** / 3
- FAR: upper arm angled and trunk bent forward **R** / 6

C
Asymmetrical
trunk/load

- Load symmetrical in front/two hands **G** / 0
- Asymmetrical or offset load/hands **A** / 1
- One-handed to side or twisting/back bent **R** / 2

D
Postural
constraints

- NONE **G** / 0
- RESTRICTED **A** / 1
- SEVERELY RESTRICTED **R** / 3

E
Grip on
the load

- GOOD **G** / 0
- REASONABLE **A** / 1
- POOR **R** / 2

I
Obstacles
en route

- No obstacles OR carry route is flat **G** / 0
- Steep slope **A** / 2
- Trip hazards OR steps **A** / 2
- Ladders **R** / 3

H
Carry
distance

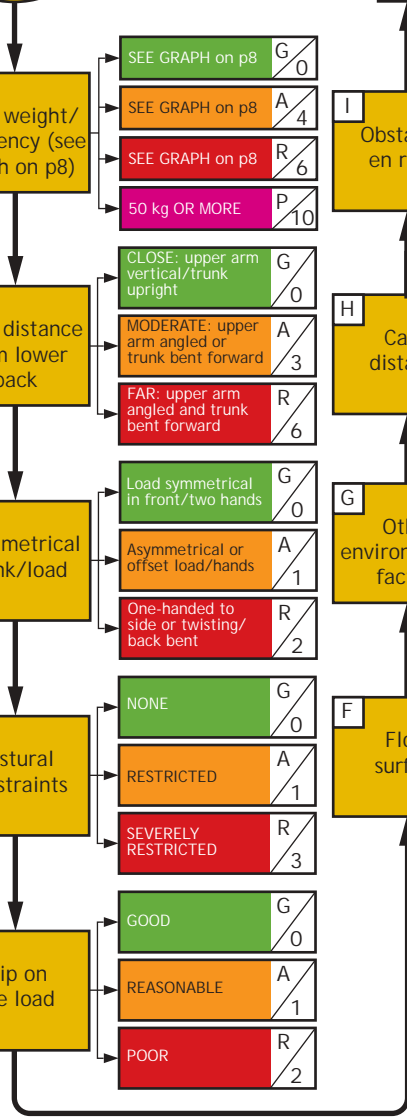
- 2 m-4 m **G** / 0
- 4 m-10 m **A** / 1
- 10 m or more **R** / 3

G
Other
environmental
factors

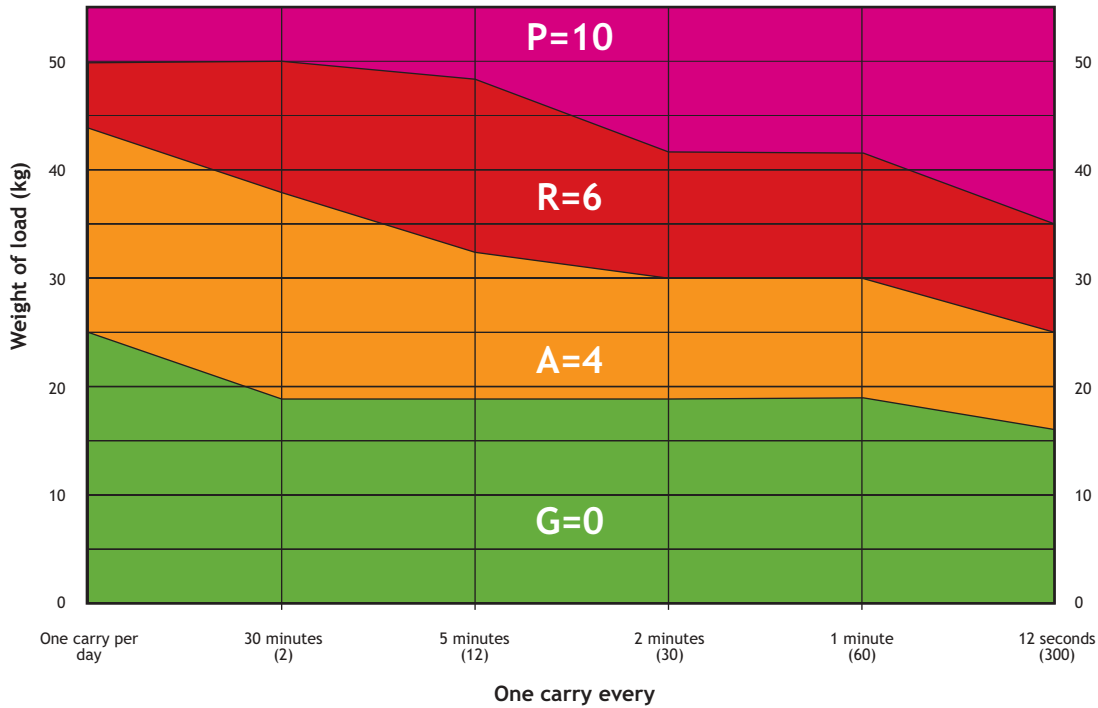
- No factors present **G** / 0
- One factor present **A** / 1
- Two or more factors present **R** / 2

F
Floor
surface

- Dry and in good condition **G** / 0
- Dry but in poor conditions or uneven **A** / 1
- Contaminated, wet, sloping or unstable **R** / 2



Load weight/frequency graph for carrying 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:					