

Manual Handling Assessment Charts (MAC) – Score Sheet

<p>Company Name: </p>	<p>Insert the colour band and numerical score for each of the risk factors in the appropriate boxes below, with reference to your assessment using the tool</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th rowspan="2" style="text-align: left; padding: 5px;">Risk Factors</th> <th colspan="3" style="padding: 5px;">Colour Band (G, A, R, or P)</th> <th colspan="3" style="padding: 5px;">Numerical Score</th> </tr> <tr> <th style="padding: 5px;">lift</th> <th style="padding: 5px;">carry</th> <th style="padding: 5px;">Team</th> <th style="padding: 5px;">lift</th> <th style="padding: 5px;">carry</th> <th style="padding: 5px;">Team</th> </tr> </thead> <tbody> <tr><td style="padding: 5px;">Load weight and lift/carry frequency</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Hand distance from the lower back</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Vertical lift region</td><td></td><td style="background-color: #cccccc;"></td><td></td><td></td><td style="background-color: #cccccc;"></td><td></td></tr> <tr><td style="padding: 5px;">Trunk twisting / sideways bending Asymmetrical trunk / load (carrying)</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Postural constraints</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Grip on load</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Floor surface</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Other environmental factors</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td style="padding: 5px;">Carry distance (carrying only)</td><td style="background-color: #cccccc;"></td><td></td><td></td><td style="background-color: #cccccc;"></td><td></td><td style="background-color: #cccccc;"></td></tr> <tr><td style="padding: 5px;">Obstacles en route (carrying only)</td><td style="background-color: #cccccc;"></td><td></td><td></td><td style="background-color: #cccccc;"></td><td></td><td style="background-color: #cccccc;"></td></tr> <tr><td style="padding: 5px;">Communication and co-ordination (team handling only)</td><td style="background-color: #cccccc;"></td><td style="background-color: #cccccc;"></td><td></td><td style="background-color: #cccccc;"></td><td style="background-color: #cccccc;"></td><td></td></tr> <tr> <td style="padding: 5px;">Other risk factors e.g. individual factors, psychosocial factors, etc</td> <td colspan="3" style="padding: 5px;">TOTAL SCORE:</td> <td></td><td></td><td></td> </tr> </tbody> </table>	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 load							Floor surface							Other environmental factors							Carry distance (carrying only)							Obstacles en route (carrying only)							Communication and co-ordination (team handling only)							Other risk factors e.g. individual factors, psychosocial factors, etc	TOTAL SCORE:					
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<p>Task Description – Please use diagrams if necessary:</p> <div style="border: 1px solid black; height: 300px; width: 100%; margin-top: 10px;"></div>	<p>Are there indications that the task is high risk? (Please tick appropriate boxes)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Task has a history of manual handling incidents <i>(e.g. company accident book, RIDDOR reports)</i> <input type="checkbox"/> Task is known to be hard work or high risk <input type="checkbox"/> Employees doing the work show signs that they are finding it hard work <input type="checkbox"/> Other indications, if so what? <div style="border: 1px solid black; height: 40px; width: 100%; margin-top: 10px;"></div> <p>Signature: Date:</p>																																																																																																	
	<p>Other risk factors, eg individual factors, psychosocial factors etc (time pressures, individual characteristics e.g. higher risk for short/tall persons etc.)</p> <div style="border: 1px solid black; height: 200px; width: 100%; margin-top: 10px;"></div>																																																																																																	