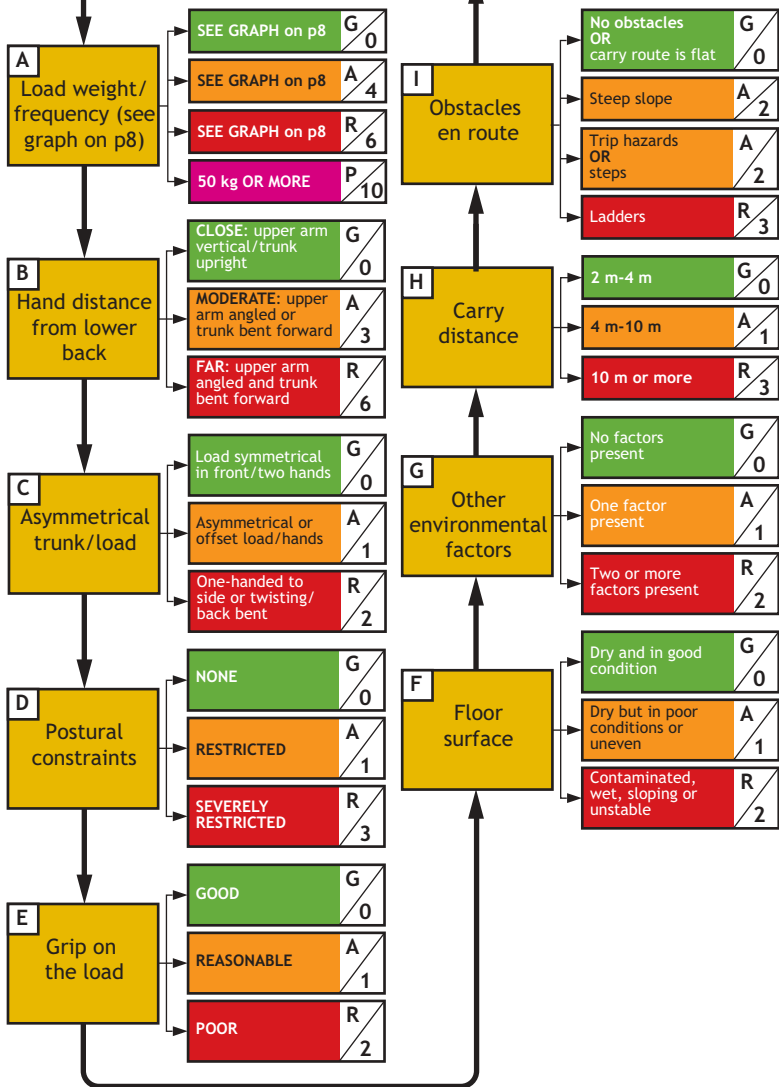
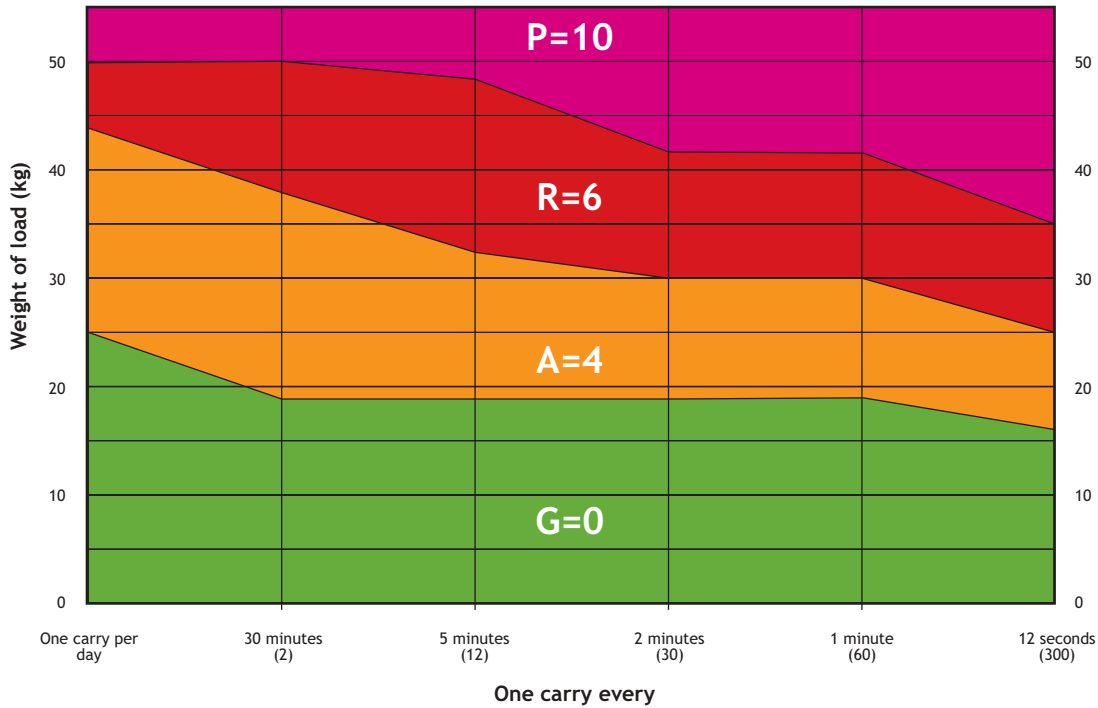


# CARRYING OPERATION

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



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<br>(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<br>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<br>(team handling only)   |                               |       |      |                 |       |      |
| Other risk factors, eg individual factors, psychosocial factors etc<br>(see website - address on page 13) | TOTAL SCORE:                  |       |      |                 |       |      |