

Section B: Lifting and carrying – More detailed assessment, where necessary

Questions to consider:	If yes, tick appropriate level of risk			Problems occurring from the task (Make rough notes in this column in preparation for the possible remedial action to be taken)	Possible remedial action, eg changes that need to be made to the task, load, working environment etc. Who needs to be involved in implementing the changes?
	Low	Med	High		
Do the tasks involve:					
• holding loads away from trunk?					
• twisting?					
• stooping?					
• reaching upwards?					
• large vertical movement?					
• long carrying distances?					
• strenuous pushing or pulling?					
• unpredictable movement of loads?					
• repetitive handling?					
• insufficient rest or recovery?					
• a work rate imposed by a process?					
Are the loads:					
• heavy?					
• bulky/unwieldy?					
• difficult to grasp?					
• unstable/unpredictable?					
• intrinsically harmful (eg sharp/hot)?					