

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		
Consider the working environment – are there:					
• constraints on posture?					
• poor floors?					
• variations in levels?					
• hot/cold/humid conditions?					
• strong air movements?					
• poor lighting conditions?					
Consider individual capability – does the job:					
• require unusual capability?					
• pose a risk to those with a health problem or a physical or learning difficulty?					
• pose a risk to those who are pregnant?					
• call for special information/training?					