**Annex 8.1.16c**

**Manual Handling Risk Assessment Date**

**Job Activity: moving rubbish sacks to top of Yealm Steps**

**Assessor: Mark Beighton**

|  |  |  |
| --- | --- | --- |
| **Question: Does the Task Involve** | **Risk** | **Notes & Control Measures** |
| Holding loads away from trunk | Low | Load can be carried by side with extended arms. |
| Stooping | Low |  |
| Reaching upwards | Low |  |
| Large vertical movements | Low |  |
| Long carrying distance (10m +) | Med | Distance is 30m on uneven steps |
| Strenuous pushing or pulling | Low |  |
| Unpredictable movement of loads | Low |  |
| Frequent or prolonged physical effort | Med | The task could take 20 minutes per week |
| Insufficient rest and recovery | Low | Rest to be taken if necessary or additional help organised |

**Load**

|  |  |  |
| --- | --- | --- |
| **Question: Is the Load…** | **Risk** | **Notes & Control Measures** |
| Heavy | Med | Sacks of variable weight but probably not in excess of 15Kg |
| Bulky | Med |  |
| Difficult to grasp | Low | Sacks tied at top and creates handle for lifting |
| Unstable/Unpredictable | Low |  |
| Intrinsically Harmful, e.g. Sharp, hot | Low/Med | Variable contents, gloves to be worn |

**Environment**

|  |  |  |
| --- | --- | --- |
| **Question: Environment are there** | **Risk** | **Notes & Control Measures** |
| Space constraints preventing good posture | Low |  |
| Uneven, slippery ground conditions | Med | Yealm steps are uneven surface. Three points of contact to be made whilst descending steps. |
| Variation in levels | Low |  |
| Poor lighting conditions | Low | Sacks taken to top of steps in daylight |
| Hot/cold/humid conditions | Low | Sacks taken up in early morning |

**Individual Capability**

|  |  |  |
| --- | --- | --- |
| **Question: Does the ….** | **Risk** | **Notes & Control Measures** |
| Task require unusual strength or height | Low |  |
| Task puts at risk those who are pregnant or health problem | Low | Pregnant women/or person with health problem that restricts this activity have informed the harbour master of this and be excluded from this activity |
| Wearing of PPE hinders users posture | Low |  |
| Task require special knowledge or training for its safe performance | Low |  |

**Additional Recommended Control Measures**

|  |  |
| --- | --- |
| **No.** | **Recommendation** |
| 1 | Load should be balanced when going up steps |
|  |  |
|  |  |
|  |  |

**Considering the assessment:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Severity**  **Proability** | **Insignificant** | **Minor Injury** | **Moderate** | **Major Injury** | **Castrophic** |
| 1 to 5% |  |  |  |  |  |
| 6 to 25% |  |  |  |  |  |
| 26 to 50% |  |  |  |  |  |
| 51 to 75% |  |  |  |  |  |
| 76 to 100% |  |  |  |  |  |
| Risk Rating | Low | Low/Medium | Medium | Medium/High | High |

|  |
| --- |
| **Low/Medium** |

**Total Risk Rating**

*When Total Risk Rating is Medium or greater, task not to be undertaken until risk rating is reduced.*

**Signed**:………………………………………………………………………………………………….

**Review Date:** ………………………………………………………………………………………….