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| **ES10b** | **Pushing and Pulling Risk Assessment** | | |
| **Unit Address** | |  | |
| **Risk Assessment Completed** | | Date | Signed |
| **1st review** | | Date | Signed |
| **2nd review** | | Date | Signed |
| **3rd review** | | Date | Signed |

**Note** - Risk assessments must be reviewed every 3 years, whenever there is a significant change in the activity, and following any incident involving the activity. Risk assessments must be retained for a period of 6 years.

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| Task name: |  | | |
| Task description/location: |  | | |
| Maximum load weight: |  | Frequency of operation: |  |
| Push/pull distances: |  | People involved: |  |

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| Step 1 – Assess the task | | | | |
| Do the tasks involve: | YES | NO | Problems with the task | Possible remedial actions.  What can be done to help? |
| * high initial force to get the load moving? |  |  |  |  |
| * high forces to keep the load in motion? |  |  |
| * sudden movements to start, stop or manoeuvre the load? |  |  |
| * twisting of the load into position or around obstacles? |  |  |
| * one-handed operations? |  |  |
| * the hands below the waist or above shoulder height? |  |  |
| * movement at high speed? |  |  |
| * movement over long distances? |  |  |
| * repetitive pushing/pulling? |  |  |

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| Step 2 – Assess the load | | | | |
| The load to be moved: | YES | NO | Problems with the task | Possible remedial actions.  What can be done to help? |
| * does it lack good handholds? |  |  |  |  |
| * is it unstable/ unpredictable? |  |  |
| * is it sharp/hot? |  |  |
| * is vision over/around it restricted? |  |  |
| If on wheels/castors, are they: |  |  |
| * unsuitable for the type of load? |  |  |
| * unsuitable for the floor surface? |  |  |
| * difficult to steer? |  |  |
| * easily damaged or defective? |  |  |
| * without brakes or difficult to stop? |  |  |
| * with brakes, but the brakes are poor/ ineffective? |  |  |
| * not maintained or inspected regularly? |  |  |
| Step 3 – Consider the working environment | | | | |
| Are there: | YES | NO | Problems with the task | Possible remedial actions.  What can be done to help? |
| * constraints on body posture/positioning? |  |  |  |  |
| * confined spaces/ narrow doorways? |  |  |
| * sharp/hot surfaces or edges? |  |  |
| * rutted/damaged/slippery floors? |  |  |
| * ramps/slopes/steps/ uneven surfaces? |  |  |
| * trapping or tripping hazards? |  |  |
| * poor lighting conditions? |  |  |
| * hot/cold/humid conditions? |  |  |
| * strong winds or air movements? |  |  |

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| Step 4 – Consider individual capability | | | | | | | |
| Does the job: | YES | NO | Problems with the task | | Possible remedial actions.  What can be done to help? | | |
| * require unusual capability? |  |  |  | |  | | |
| * pose a risk to anyone with a health problem? |  |  |
| * pose a risk to anyone with a disability? |  |  |
| * pose a risk to those who are pregnant? |  |  |
| * pose a risk to new/ young people? |  |  |
| * require special information/training? |  |  |
| Step 5 – Action Plan | | | | | | | |
| Action to be taken | | | | By whom? | | By when? | Completed Y/N |
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For pushing and pulling of Roll Cages refer to Safety Task Card STC-COM09