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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