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| **ES10a** | **Lifting and Carrying 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 lift: |  |
| Maximum carry distance:  (if applicable) |  | 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? |
| * holding loads away from torso? |  |  |  |  |
| * 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? |  |  |

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| Step 2 – Assess the load | | | | | | | |
| Are the loads: | YES | NO | Problems with the task | | Possible remedial actions.  What can be done to help? | | |
| * heavy? |  |  |  | |  | | |
| * bulky or unwieldy? |  |  |
| * difficult to grasp? |  |  |
| * unstable or unpredictable? |  |  |
| * intrinsically harmful e.g. sharp/hot |  |  |
| 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 posture? |  |  |  | |  | | |
| * uneven/poor quality floor surfaces? |  |  |
| * slopes or variations in level? |  |  |
| * hot/cold humid conditions?? |  |  |
| * strong winds or air movement? |  |  |
| * poor lighting? |  |  |
| 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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