 COMPASS GROUP UK & IRELAND

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| **Ref. MAN 10 TASK SPECIFIC MANUAL HANDLING RISK ASSESSMENT** |
| Person’s Name & Job Title |  | Date |  |
| Site / Unit Name & Location |  | Unit No |  |
| Name of Manager or Supervisor  |  |
| TASK: | **Task/Activity:**  Filling the Milk Dispenser with the Pergal**Description:** Loading the milk polygal. **Technical Data:** The pergal contains 13.6 litres of milk.  |
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|  **Questions to consider**  | Level of Risk(If Yes tick ‘High’If ‘No tick ‘Low’) | Possible Remedial Action(Consider changing the PERSON / TASK / LOAD properties / ENVIRONMENT)  |
| **1. The task – does it involve:** | **Low** | **High** |  |
| Holding the loads away from the trunk |  | **√** | The Milk dispenser should be forward on the counter as much as possible to avoid over stretching Ensure you assess the load before attempting to lift. If in doubt ask for help. Use a trolley to transport pergal from storage to the milk dispenser Move trolley as close to milk dispenser as possible Ensure you bend your knees and stand directly in front of the trolley when placing and removing the pergal to and from the trolley. Ensure you bend your knees and stand directly in front of the Milk dispenser when replacing the pergal. Keep the back straight, bend the knees & use your legs to lift. |
| Twisting |  | **√** |
| Stooping |  | **√** |
| Reaching upwards |  | **√** |
| Large vertical movement | **√** |  |
| Long carrying distances | **√** |  |
| Strenuous pulling or pushing | **√** |  |
| Unpredictable movement of load | **√** |  |
| Repetitive handling | **√** |  |
| Insufficient rest or recovery | **√** |  |
| A work-rate imposed by the process | **√** |  |
| **2. The load – is it:** | **Low** | **High** |  |
| Heavy |  | **√** | Use a trolley to transport pergal from storage to the milk dispenser Keep the back straight, bend the knees & use your legs to lift. |
| Bulky/unwieldy |  | **√** |
| Difficult to grasp | **√** |  |
| Unstable/unpredictable/liquids that splash | **√** |  |
| Intrinsically harmful (e.g. sharp, hot) | **√** |  |
| **3. The working environment – is there:** | **Low** | **High** |  |
| Constraints on posture | **√** |  | Use a trolley to transport pergal from storage to the milk dispenser Keep the back straight, bend the knees & use your legs to lift. |
| Uneven, slippery or unstable floors | **√** |  |
| Variations in level | **√** |  |
| Hot/cold/humid conditions | **√** |  |
| Strong air movements | **√** |  |
| Poor lighting conditions | **√** |  |
| **4. Individual capabilities – does the job:** | **Low** | **High** |  |
| Require unusual strength, height etc. |  |  |  For further information please refer to risk assessment Man 09- Manual Handling |
| Pose a risk to those with a health problem |  |  |
| Pose a risk to those who are pregnant |  |  |
| Call for special information/training |  |  |
| **5. Other factors** | **Low** | **High** |  |
| Is the movement or posture hindered by |  |  |  |
| clothing or personal protective equipment? |  |  |  |
| (Add:) |  |  |

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