

# Lifting and Handling Checklist

## Problems to look for when making an assessment

The tasks: Do they involve-

- Holding loads away from the trunk?
- Twisting, stooping or reaching upwards?
- Large vertical movement?
- Long carrying distance?
- Strenuous pushing or pulling?
- Unpredictable movement of loads?
- Repetitive handling?
- Insufficient rest or recovery time?
- A work rate imposed by a process?

The loads: are they-

- Heavy, bulky or unwieldy?
- Difficult to grasp?
- Unsuitable or unpredictable?
- Intrinsically harmful, e.g. sharp or hot?
- Have you asked your supplier to help?  
Eg. By changing the size of containers?

The working environment: are there-

- Constraint on posture?
- Poor floors?
- Variation in levels?
- Hot/cold/humid conditions?
- Strong air movements?
- Poor lighting conditions?
- Restrictions on movement or posture from  
Clothes or personal protective equipment?

Individual capacity: does the job-

- Require unusual capability?
- Endanger those with a health problem?
- Endanger pregnant women?

## Ways of reducing the risk of injury

Can you-

- Improve workplace layout to improve efficiency?
- Reduce the amount of twisting and stooping?
- Avoid lifting from floor level or above shoulder height?
- Cut carrying distances?
- Avoid repetitive handling?
- Vary the work, allowing one set of muscles to rest while another is used?

Can you make the load-

- Lighter or less bulky?
- Easier to grasp?
- More stable?
- Less damaging to hold?

Can you-

- Remove obstructions to free movement?
- Provide better flooring?
- Avoid steps and steep ramps?
- Prevent extremes of hot and cold?
- Improve lighting?
- Consider less restrictive clothing or personal protective equipment?

Can you-

- Take better care of those who have a physical weakness or are pregnant?
- Give your employees more information, e.g. about the range of tasks they are likely to face?
- Provide training