

RISK ASSESSMENT – TRA006

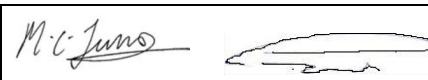
| | | | |
|------------------------------|---|-------------------------------|---------------|
| Subject of Assessment | Manual Handling | | |
| Task/Activity | Lifting of equipment, removal of rubbish. | | |
| Assessor | Matthew Lewis / Gaynor Parker | Location of Assessment | Various sites |

| Risk Rating Matrix (RR) | | | | | Likelihood (L) |
|---|--------------|------------------------|----------|-------------------------------------|----------------|
| | Severity (S) | Very unlikely to occur | Unlikely | Reasonably likely to occur (Medium) | Likely |
| Fatality; major injury or illness causing long term disability (High) | 5 | 10 | 15 | 20 | 25 |
| Major – more than 3 days | 4 | 8 | 12 | 16 | 20 |
| Injury or illness causing short term disability – less than 3 days | 3 | 6 | 9 | 12 | 15 |
| Minor- needing first aid | 2 | 4 | 6 | 8 | 10 |
| Other injury or illness (Low) | 1 | 2 | 3 | 4 | 5 |

| Ref | Hazards | Who is at risk? | Controls in place | L | S | RR | Adequately controlled? |
|-----|------------------------|-----------------|--|---|---|----|------------------------|
| 1 | Slips, trips and falls | Staff | Minimise carrying distance. Team lift if possible. Ensure area is clear and plan to rest the load mid-way to change grip if necessary. Keep the load close to your waist the load should be kept as close as possible to the body (safety shoes). Keep the heaviest side of the load close to your body. Once the load is held securely keep head up not down. | 1 | 4 | 4 | Y |

| Ref | Hazards | Who is at risk? | Controls in place | L | S | RR | Adequately controlled? |
|-----|------------------------------|-----------------|---|---|---|----|------------------------|
| 2 | Twisting, stooping, reaching | Staff | Avoid twisting the back leaning and reaching especially whilst the back is bent. Shoulders to be kept level and facing in the same direction as the hips. Turn by moving feet rather than twisting. | 1 | 4 | 4 | Y |
| 3 | Lifting | Staff | Can the load be broken down into lighter components. Avoid lifting from floor level or above shoulder height, especially heavy loads. Adopt a stable position, feet apart, one leg slightly forward. Get a good hold of object, slight bending of the back, hips and knees is preferable to fully flexing the back (stooping) or fully flexing the hips and knees (squatting). | 1 | 4 | 4 | Y |
| 4 | Heavy Load | Staff | Don't lift or handle more than can be easily managed. If precise positioning of the load is necessary then put the load down first then slide into position. | 1 | 3 | 3 | y |

| Hazard Ref | Additional control | Assigned to | Date Completed | L | S | RR |
|------------|--------------------------------|---------------|----------------|---|---|----|
| 1-4 | Consider individual capability | Matthew Lewis | 31/03/2013 | 1 | 3 | 3 |
| | The nature of the load | Matthew Lewis | 31/03/2013 | | | |
| | Environmental conditions | Matthew Lewis | 31/03/2013 | | | |

| | | | |
|---------------------------|------------|------------------|---|
| Date of Assessment | 13/03/2019 | Signature |  |
| Review date | 13/03/2020 | | |