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|  | **Manual Handling Risk Assessment** |  |

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| **FACILITY** |  | **RISK ASSESSMENT NO:**  |  |
| **ACTIVITY** |  | **ASSESSMENT TEAM:** |  |
| **ASSESSMENT DATE:** | **REVIEW DATE**:  | **ASSESSMENT APPROVAL**: |  |

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| **TASK** | **HAZARD** | **HAZARD EFFECT (CONSEQUENCE)** | **C**  | **L**  | **RISK** | **MITIGATED BY** | **C (Reduced Consequence)** | **L**  | **REDUCED RISK (ALARP)** |
| Lifting heavy boxes | Strain or injury to back, shoulders, or arms | Musculoskeletal disorders (e.g., back pain, strain) | 4 | 4 | 16 | Training on proper lifting techniques, use of mechanical aids, team lifting | 3 | 2 | 6 |
| Carrying loads up/down stairs | Trips, slips, or falls | Sprains, fractures, or head injuries | 5 | 3 | 15 | Install handrails, ensure adequate lighting, and use proper footwear | 4 | 2 | 8 |
| Pushing a loaded trolley | Loss of control of the trolley | Collision causing injuries to feet, legs, or bystanders | 3 | 3 | 9 | Use trolleys with functional brakes, clear pathways, and ensure training | 2 | 2 | 4 |
| Reaching for items overhead | Overstretching or dropping items | Shoulder strain, falling objects causing injuries | 4 | 3 | 12 | Provide step ladders, restrict overhead storage, and train on safe retrieval | 2 | 2 | 4 |
| Repetitive lifting | Fatigue or overuse of muscles | Cumulative trauma disorders (e.g., tendonitis) | 4 | 4 | 16 | Job rotation, provide rest breaks, and adjust workstation ergonomics | 3 | 2 | 6 |
| Moving bulky items | Poor visibility or imbalance | Loss of control leading to impact injuries or falls | 4 | 3 | 12 | Break items into smaller loads, provide spotters, and improve pathway clearance | 2 | 2 | 4 |
| Handling sharp-edged objects | Cuts or abrasions | Minor to severe lacerations | 3 | 4 | 12 | Use gloves, wrap sharp edges, and train on safe handling | 2 | 2 | 4 |
| Loading/unloading vehicles | Dropping heavy items | Crushing injuries to hands or feet | 5 | 3 | 15 | Use tail lifts, proper loading equipment, and team coordination | 3 | 2 | 6 |
| Twisting while lifting | Spinal injuries due to improper movement | Herniated discs or muscle strain | 4 | 4 | 16 | Training on neutral posture techniques, and limit twisting actions | 2 | 2 | 4 |
| Carrying awkwardly shaped loads | Uneven weight distribution or imbalance | Back strain, muscle pulls, or falls | 4 | 4 | 16 | Provide adjustable harnesses, use mechanical aids, or redistribute the load | 3 | 2 | 6 |

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| **Criteria: Consequence ( C )****Negligible**- Immediate return to work**Minor** - First aid and return to work.**Moderate**- Medical treatment/ lost time **Major**- Multiple injuries and RIDDOR reportable **Fatal/Catastrophic-** Death, loss of  installation | **Criteria: Likelihood ( L )****Improbable**- So unlikely that it would not happen.**Unlikely**- Remote chance of event**Possible**- Inattention may cause an event to happen.**Probable**- Highly likely without control.**Certain**- Will happen without Intervention/control.  | **Risk Calculator**Risk level **R= CxL**1-3 Acceptable4-6 Moderate8-12 Substantial15-25 Intolerable | **Conclusions:** Working on construction sites is a hazardous activity if the controls proposed are followed this environment can be successfully managed.Overall risk: Very High - High - Medium **-** LowAre risks reduced to ALARP (as low as reasonably practicable): **Yes .**  |

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| Likelihood→Consequence↓ | Improbable1 | Unlikely2 | Possible3 | Probable4 | Certain5 |
|  Negligible 1 | 1 | 2 | 3 | 4 | 5 |
|  Minor 2 | 2 | 4 | 6 | 8 | 10 |
|  Moderate 3 | 3 | 6 | 9 | 12 | 15 |
|  Major 4 | 4 | 8 | 12 | 16 | 20 |
| Fatal/catastrophic 5 | 5 | 10 | 15 | 20 | 25 |

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| 1-3 | 4-6 | 8-12 | 15-25 |
| Low | Medium | High | Very High |