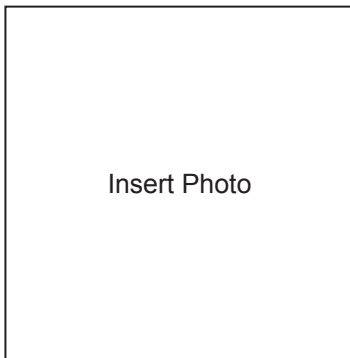


LIFTING & CARRYING RISK ASSESSMENT WORKSHEET

A positive answer to any question should prompt risk control remedial action.

EMPLOYER: _____ DATE: _____
 JOB TITLE/TASK: _____ HS REP: _____
 MANAGEMENT REP: _____

We recommend asking employees what tasks they find are 'difficult' to do, and starting with these.



DESCRIPTION OF ACTIVITY :

1. Does task involve repetitive/strenuous lifting or carrying actions?

Yes No

- | | | |
|--|---|--|
| → Heavy lifting/lowering/dragging | → Uneven postures - standing on one leg, bending forward or sideways or twisting with your back | → Preventative maintenance for handling aids |
| → Repetitive lifting >5kg | → Pain/discomfort/complaints during and after task | → Protective clothing/equipment restriction movement |
| → Occasional lifting >10 kg | → Gloves do not bunch up or restrict movement | → Poor material of container characteristics |
| → Carrying items >15kg in excess of 2m | → Mechanical aids available and used | → Help available for heavy/awkward lifts |
| → Items handled away from the body | | → The task is assigned to "stronger" workers |
| → Lifting above shoulders or below knees | | → Team lifting used |
| → Unstable or slippery objects, poor grip | | |
| → Fast, hard or unexpected forces are involved | | |

COMMENTS:

2. Does task involve other safety, health or environmental issues?

Yes No

- | | | |
|---------------------------------------|------------------------------------|---------------------------------|
| → Walking surface level/even/well lit | → Thermal comfort (hot/cold/humid) | → Machine guarding |
| → Room to move and access objects | → Light/noise | → Uncontrolled energy source |
| → Whole/local vibration | → Work height | → Task needs to be done quickly |

COMMENTS:

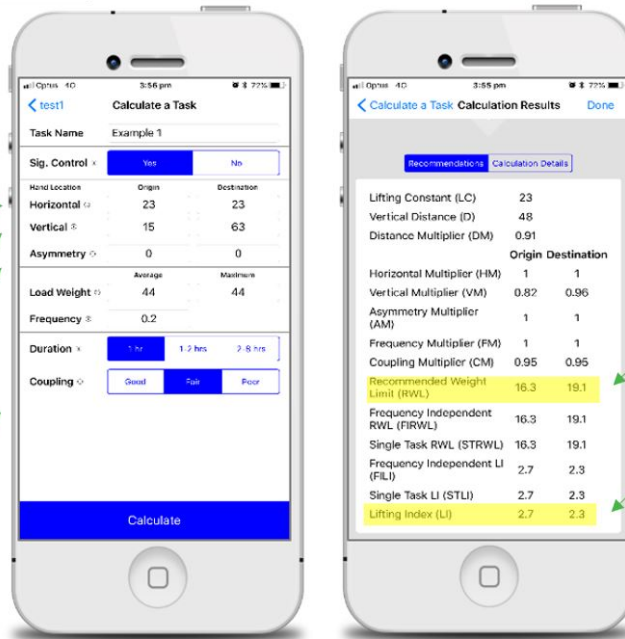
3. Is there a risk*? (*the following assessment to be carried out by a person familiar with the NIOSH equation) Yes No

Mobile APP to calculate recommended weight limits (RWL) and injury risk as per the NIOSH Lifting Index (LI)

Search for "NLC Calc" on iPhone or Android

- Select the cog on the first screen to set inches/cm's.
- Select (i) for more detailed information.

- Horizontal distance of the hands from the middle of the body.
- Vertical distance of the hands above the floor.
- Asymmetry: are you facing straight ahead or are you twisted – by how many degrees?
- Coupling: identify the quality of your grip on the load. Is it good, Fair or poor?



Is it within the recommended weight limit?

Lifting index risk:
 < 1 = Good
 > 1 = Manage
 > 3 = Redesign

RWL _____

Lifting Index _____

Information to collect:

	Origin	Destination		
Horizontal cm			Precision	(placement) Y/N
Vertical cm			Lift Frequency	(per minute)
Asymmetry °			Duration	1 hr - 1-2hrs - 2-8hrs
Load weight kg			Coupling	Good - Fair - Poor

4. What are the main sources of the risk?

5. Can the risk be eliminated or reduced – List HOW this will be done. Yes No

Hierarchy Control Principles

- Elimination
- Changing the objects used in the task
- Altering the workplace
- Using mechanical aids
- Altering the environmental conditions
- Information, Instruction, Training
- Altering the system of work

COMMENTS:

Responsibility for Action: _____

Expected completion date: _____ Review date: _____

Management completion signoff: _____ Date: _____

Employee HS Rep. completion signoff: _____ Date: _____