



Inspection - Manual Handling Checklist

Manual Handling - Manual Handling

Prompt	Yes	No	N/A	Explanation	Comments
Task - Holding loads away from the body?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Task - Holding loads away from the body?	
Task - Twisting, stooping or reaching upwards?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Task - Twisting, stooping or reaching upwards?	
Task - Large vertical movement?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Task - Large vertical movement?	
Task - Risk of sudden movement of loads?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Task - Risk of sudden movement of loads?	
Task - Insufficient rest or recovery time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Task - Insufficient rest or recovery time?	
Task - A work rate imposed by a process?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Task - A work rate imposed by a process?	
Task - Repetitive handling?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Task - Repetitive handling?	
Task - Strenuous pushing or pulling?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Task - Strenuous pushing or pulling?	
Task - Long carrying distances?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Task - Long carrying distances?	
Load - Heavy or bulky?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Load - Heavy or bulky?	
Load - Unstable or likely to move unpredictably?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Load - Unstable or likely to move unpredictably?	
Load - Harmful, eg sharp or hot? awkwardly stacked?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Load - Harmful, eg sharp or hot? awkwardly stacked?	
Load - Too large for the handler to see over?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Load - Too large for the handler to see over?	
Load - Difficult to grasp?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Load - Difficult to grasp?	
Individual Capacity - Require unusual capability, eg above average strength or agility?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Individual Capacity - Require unusual capability, eg above average strength or agility?	
Individual Capacity - Pose a risk to those with a health problem or learning/physical disability?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Individual Capacity - Pose a risk to those with a health problem or learning/physical disability?	
Individual Capacity - Pose a risk to new or young workers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Individual Capacity - Pose a risk to new or young workers?	
Manual Handling lifting aids and equipment - Is the device the correct type for the job?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Manual Handling lifting aids and equipment - Is the device the correct type for the job?	
Manual Handling lifting aids and equipment - Is it well maintained?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Manual Handling lifting aids and equipment - Is it well maintained?	

Prompt	Yes	No	N/A	Explanation	Comments
Manual Handling lifting aids and equipment - Are the wheels on the device suited to the floor surface?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Manual Handling lifting aids and equipment - Are the wheels on the device suited to the floor surface?	<input type="text"/>
Manual Handling lifting aids and equipment - Do the wheels run freely?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Manual Handling lifting aids and equipment - Do the wheels run freely?	<input type="text"/>
Manual Handling lifting aids and equipment - Is the handle height between the waist and shoulders?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Manual Handling lifting aids and equipment - Is the handle height between the waist and shoulders?	<input type="text"/>
Manual Handling lifting aids and equipment - Are the handle grips in good condition and comfortable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Manual Handling lifting aids and equipment - Are the handle grips in good condition and comfortable?	<input type="text"/>
Manual Handling lifting aids and equipment - Are there any brakes? If so, do they work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Manual Handling lifting aids and equipment - Are there any brakes? If so, do they work?	<input type="text"/>
Manual Handling lifting aids and equipment - is the device the correct type for the job?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Manual Handling lifting aids and equipment - is the device the correct type for the job?	<input type="text"/>
Work Organisation Factors - Is the work repetitive?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work Organisation Factors - Is the work repetitive?	<input type="text"/>
Work Organisation Factors - Is the work machine or system-paced?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work Organisation Factors - Is the work machine or system-paced?	<input type="text"/>
Work Organisation Factors - Do workers feel the demands of the work are excessive?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work Organisation Factors - Do workers feel the demands of the work are excessive?	<input type="text"/>
Work Organisation Factors - Do workers have little control of the work and working methods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work Organisation Factors - Do workers have little control of the work and working methods?	<input type="text"/>
Work Organisation Factors - Is there poor communication between managers and workers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work Organisation Factors - Is there poor communication between managers and workers?	<input type="text"/>