

No	Activity	Hazard	Person(s) in Danger	Control Measures	Residual Risk Rating
19	Work activities involving lifting, carrying, pulling and pushing operations	Manual Handling Injury through improper handling of loads (Pushing / Pulling / Lifting / Carrying)	Employees	<ul style="list-style-type: none"> - Operatives trained in manual handling techniques. To include assessment of the lifting task, the type of load to be moved, the environment in which the operation is being undertaken and the personal capabilities of the individual carrying out the task. - Walk route to identify obstructions or other hazards. - Good housekeeping is important and must be adhered to stringently. - As best practice mechanical lifting aids should be used in preference to manual handling where practicable. - Where manual handling is unavoidable then a good posture must be taken. - Identify the weight of heavy items and adopt team handling techniques if necessary. - Selection of the correct type of glove for the lifting / moving operation is essential. - When carrying out repetitive manual handling operations for long periods of time, it may be necessary to take regular short breaks to stretch 	Low

				muscles and keep safety awareness from faltering.	
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