

Manual Handling.

No	Activity	Hazard	Person(s) in Danger	Control Measures	Residual Risk Rating
11	Manual Handling Activities Work activities involving lifting, carrying, pulling and pushing operations	Manual Handling Risks of injury through improper handling of loads - pushing, pulling, lifting & carrying	Employees Contractors	<ul style="list-style-type: none"> Avoid manual handling where possible, use mechanical means. If handling manually, make the load smaller or lighter to lift and only tackle jobs that you are capable of doing – know your limits. Adopt a safe lifting position and avoid twisting or jerking movements. Never lift more than you can manage. Consider where you have to pick it up from, where you are setting it down and how far you are planning to carry. Share the load – team effort required. Plan your route – reduce carrying distances, check the environment is free from obstacles like debris or closed doors and is lit well so you can see where you are going. Consider your environment - think about the ground where you are working. Is the ground uneven, icy or wet? Ensure suitable safety footwear is worn. Avoid trapping fingers or toes when you put the loads down. Appropriate Personal Protective Equipment (PPE) must be worn at all times. 	Low